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Over $250M needed to cut sewage spills

RIVER It will take $251.6 million spread out over 17 projects to almost entirely eliminate sewage spills into the Ottawa River by 2013.

Yesterday, the city's planning committee passed the Ottawa River Action Plan. If city council approves the plan on March 24, work on a combined sewage overflow storage facility would begin in 2011.

Only five of the 17 projects relate to eliminating sewage overflows, said Sally McIntyre, the city's program manager of environmental programs. The other projects deal with wet-weather management flow, watershed issues and education programs.

While sewage spills into the river are still possible during exceptional rainfall events, the system would totally eliminate spills on average years, said McIntyre.

TIM WIECLAWSKI/ METRO OTTAWA

Winterlude **Trees get cozy**



TRACEY TONG/METRO OTTAWA

Urban Cozy project organizer Melanie Yugo dresses up a tree in Confederation Park. The project aims to bring out the creative side of Ottawa during Winterlude. So far, more than 100 cozies have been submitted from all over the world. Story, page 3

Military seeks red flags

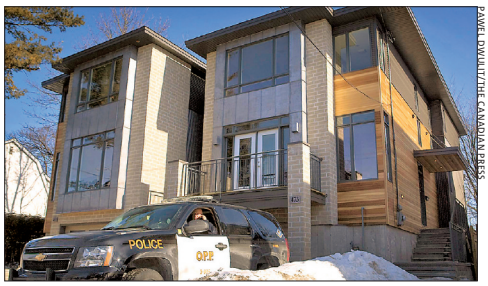
Probe looms into resumé of commander accused of murders

The Canadian Forces is gearing up for a painstaking probe of Col. Russell Williams' remarkable military resumé to find out how a man on track to lead the nation's air force now stands accused of killing two women.

Senior military officials insist they are seized with finding out whether they overlooked possible warning signs during Williams' rise to becoming commander of the country's busiest and most important air base.

"Follow this closely," one ranking military official told the Toronto Star. "There's more to this."

Williams was charged Monday with first-degree murder in the deaths of Jessica Lloyd, 27, and Cpl. Marie France Comeau, 38. He's also accused of sexually assaulting two other women.



PAWEL DWULIT/THE CANADIAN PRESS

An Ontario Provincial Police vehicle sits outside 473 Edison Ave., the Ottawa home of Col. Russell Williams yesterday. Williams was a wing commander at CFB Trenton and is accused of murdering two eastern Ontario women.

The immediate concern at Canadian Forces Base Trenton, where Williams took command seven months ago, and at Defence headquarters in Ottawa, where the colonel lived since the mid-'90s, is unearthing details from a gleaming military career that may help police forces across the country and around the world investigate unsolved crimes that match Williams' alleged modus operandi.

That could include key dates to corroborate or disprove an alibi and people who may have been in contact with Williams.

Police are already focused on the case of Kathleen MacVicar, 19, of Glace Bay, N.S. She was visiting relatives on the Trenton base when she disappeared June 13, 2001. She was found dead two days later, raped and stabbed, in a wooded corner of the base.

Ottawa police said they have no information at the moment that Williams might be a suspect in unsolved crimes in the city.

TORSTAR NEWS SERVICE

Colonel had bright future, says old boss

FORCES The air force colonel charged with two first-degree murders and two sexual assaults this week was "calm, hardworking and dedicated" and his former boss considered him one of the military's best.

Col. Russell Williams, 46, of Tweed, Ont., was "very intelligent, very mature ... which is exactly why we selected him to be a wing commander," said retired lieutenant-general Angus Watt, the former air force chief who appointed Williams to his last military job.

"He had the potential to go far. He was selected both on his performance and his potential."

Williams was amassing all the right stuff in his resumé to pave the way to bigger and better things, including Watt's old job.

He received a degree in economics and political science from the University of Toronto, and a master's in defence studies from Royal Military College.

He spent two years commanding 437 (Transport) Squadron in Trenton, including six months in 2005-06 as commanding officer of the military's secretive Camp Mirage, a logistics base on the Arabian Gulf that supplies the war effort in Afghanistan.

Williams was a flight instructor in Moose Jaw, Sask., served at Canadian Forces Base Shearwater in Nova Scotia and spent most of the 1990s in Ottawa, where he was a pilot to the prime minister and Governor General before Watt ultimately handed him command of the country's largest air force base, CFB Trenton in eastern Ontario.

THE CANADIAN PRESS

News on the Move

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Vancouver Games

Countdown to 2010

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• Today — Women's hockey team toughed it out in Dawson Creek, page 15

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News in brief

CHARGES The suspected gunman and the victim of a shooting in south Ottawa Sunday are both facing charges following an investigation by the Ottawa Police Guns and Gangs Unit. Richard Cantwell, 49, appears in court today while Douglas Foster, 71, appeared in court yesterday.

ELECTION Jules Ruhinda has become the third candidate running to replace Gord Hunter in Knoxdale-Merivale Ward. Hunter has announced he will not seek re-election. Keith Egli and James Dean are also running in that ward.

ROBBERY ARRESTS Ottawa police arrested and charged two people following a bank robbery on Main Street Monday afternoon. An armed female entered a Scotiabank near Main Street and Hawthorne Avenue, police said yesterday. Police located two people on the Rideau Canal Skateway. Shannon Rhora, 27, of no fixed address, and Christopher Millman, 29, of Ottawa, appeared in court yesterday. METRO OTTAWA

metronews.ca

What's online today.

Blogs TFC's Dwayne DeRosario joins It's Called Football to clear the air on his contract rumours and SpinDoctor identifies an unlikely candidate to succeed Stephen Harper



Lotteries

Ontario Pick 3: 4 4 0; Ontario Pick 4: 4 5 4 1
Encore: 6767884
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These results are not official.

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Transit initiative on the move

Campaign seeks to keep seats open for those who need them

TRACEY TONG
tracey.tong@metronews.ca

Once Ottawa's transit system is complete, it will be a world-class system, said Mayor Larry O'Brien.

But until then, record ridership numbers mean crowds, which can pose a problem for people who are not as mobile, said O'Brien. "It presents a very real challenge for seniors, and for riders with any kind of physical disability."

O'Brien, along with transit committee chairman Coun. Alex Cullen and Coun. Steve Desroches, launched the city's new public awareness campaign, "Cooperative Seating — It's Your Move," at the Nepean Sportsplex yesterday.

"We often take for granted the importance of seat availability on the bus," said Vicky Kyriaco, OC Transpo's manager of transit marketing and customer services. "If a seat's not available, we stand up and hang onto the handrail.

"It seems so simple, but for many people, like an expectant mother, an elderly person with a cane or a parent carrying a child, it's a challenge standing on a moving bus, and they need to sit down."

The campaign encourages riders to keep moving to the back of the bus and to leave the front seats available for the riders that need them, Kyriaco said. "If they do use the front seats, we encourage them to notice other riders that need them, and to give up their seats."

New decals, seat identification and signs, some of which were designed by students at Longfields-Davidson Heights Secondary School, will be installed on all OC Transpo buses and the O-Train to remind riders.



TRACEY TONG/METRO OTTAWA

Mayor Larry O'Brien and transit committee chairman Coun. Alex Cullen, right, announced a new public awareness campaign aimed at getting seating on OC Transpo buses for those who need it most, called "Cooperative Seating — It's Your Move."

Lansdowne design jury gets nod to expand

PLANNING Three experts are joining the jury for the Lansdowne Park design competition.

Initially, the panel was to consist of the chair of the city's planning committee, urban designer George Dark and representatives from the National Capital Commission and Parks Canada.

However, designer Marianne McKenna, member of the Lansdowne Park Design Review Panel, has requested a place on the jury.

Dark, who is leading the review panel, suggested that McKenna and two others be added to the jury. In an email to planning committee chairman Peter Hume, Dark wrote that a jury of at least seven people would result in a more "complete and vigorous" evaluation process.

Yesterday, the city's planning committee voted to increase the size of the panel.

City planner John Smit said a larger panel will not result in significant cost increases.

The experts sitting on the panel do so voluntarily and receive nominal honorariums. The only increased cost would be associated with travel expenses that would come from the general project budget.

TIM WIECLAWSKI/METRO OTTAWA

Cozy up to a lamppost and some urban art

2010 Winterlude

PROJECT When the temperature drops, people aren't the only ones bundling up against the cold.

The Winterlude Urban Cozy Project will see residents dressing up trees, signposts, park benches and lampposts at Confederation Park and Jacques-Cartier Park with urban art.

"We're trying to bring out the creative side of Ottawa and getting people to contribute pieces to transform Ottawa's landscape," said Spins and Needles co-founder Melanie Yugo, who is collaborating with the National Capital Commission on the project.

A large-scale public art installation, the project has been popular so far, with crafters and designers from around the world sending in more than 100 cozies made from wool, fabric, and even plastic and metal.

"The Urban Cozy Project will ... put participants' handiwork in places they're not usually found," Yugo said. "I think people like the idea of creating unexpected pieces of art, especially in the winter when it's grey and dismal."

Submissions can be brought to the Crystal Lounge at Confederation Park from 8 to 10:30 p.m. Friday.

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Nicholson says government to appeal drug-injection site ruling

Justice Minister Rob Nicholson says the federal government will appeal a British Columbia court ruling that sanctioned Vancouver's supervised drug-injection site. Nicholson says the decision raises important questions about the division of powers between the federal and provincial governments. THE CANADIAN PRESS

Canada



Feds in talks to buy border bridge

Transport Canada confirmed it has held talks with the owner of the Ambassador Bridge, which spans the Detroit River to connect Windsor, Ont., with Detroit. But a spokesman for Transport Minister John Baird says no offer has been made to buy the bridge from Manuel (Matty) Moroun. The federal government has purchased 38 hectares of land from the City of Windsor, at a cost of $34 million, to help build a new six-lane bridge down river from the Ambassador. THE CANADIAN PRESS

U.S. vote may hurt climate change deal

Brown's election a roadblock: Ambassador

The recent upset election of a no-name Republican to Ted Kennedy's vacant Senate seat could pose a serious threat to joint Canada-U.S. efforts to tackle climate change, say current and former diplomats.

U.S. Ambassador to Canada David Jacobson and others say Republican Scott Brown's victory two weeks ago in Massachusetts poses serious Republican roadblocks to President Barack Obama's agenda — health-care reform, getting climate change legislation through Congress, not to mention battling the recession.

Brown's surprise victory in the heart of Democrat territory deprived the party of full control of the U.S. Senate, dramatically reshaping the U.S. political landscape.

"The situation in my Congress, particularly in the Senate, is a lot more difficult today, a lot more confused today than it was two weeks ago before the special election in Massachusetts. I think that in large measure what happens with respect to climate change legislation will be a function of what happens with respect to health-care legislation," Jacobson told a small dinner audience in Ottawa this week.

Asked for his views on how the U.S. economic recovery would unfold, Jacobson again referred to Brown's victory and the gridlock that has caused in the upper chamber of the U.S. Congress.

"What I said about climate change," he replied. "It is a function of what happens with health care. It is a function of what happens with the jobs bill. It is difficult, divisive legislation."

THE CANADIAN PRESS

Olympics Torch run goes to U.S.



DARRYL DYCK/THE CANADIAN PRESS

Torchbearer Rayne Williams, left, passes the Olympic flame to U.S. Olympic medallist Phil Mahre at the Peace Arch border crossing separating Canada and the United States in Surrey, B.C., yesterday. The Olympic flame entered the U.S. for the only time on its 106-day journey across Canada.

News in brief

OLYMPICS The federal government says it will maintain its funding of Own The Podium beyond the 2010 Winter Olympics, but will not commit to spending more money on the program.

RESIGN A Nova Scotia MLA who became a central figure in a spending scandal has resigned his seat. Conservative Richard Hurlburt resigned after an auditor general found he expensed an $8,000 generator and $2,500 TV.

HAITI Canada's minister of international co-operation wants aid groups working in Haiti to prepare for the next phase of the relief effort: the rainy season. THE CANADIAN PRESS

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Montreal men missing

Montreal police are on the lookout for a car belonging to one of two young men who vanished mysteriously on Feb. 3. Quebecers Vincent Lamoureux, 20, and Hugo Pereira, 22, were last seen in a bar in Montreal's trendy Plateau neighbourhood. THE CANADIAN PRESS

Record deficit for Alberta

Alberta's Progressive Conservative government plans to run a record deficit and deplete its savings in a budget without the deep spending cuts that fiscal hawks have been screeching for.

The budget includes about $1.3 billion in cuts to many departments, but those savings are being redirected to key areas such as health and education instead of to the bottom line.

There are no tax increases, but up to 250 people could lose their jobs in the first government layoffs in more than a decade.

Finance Minister Ted Morton said he is not happy the budget includes a $4.7-billion deficit, but is confident his overall financial plan will help Alberta be back in the black by 2012.

THE CANADIAN PRESS

Budget highlights

- Record deficit of $4.7 billion.
- 250 civil service layoffs in several departments.
- 5.6 per cent increase in operating expenses; largest increase for health care.
- 4.6 per cent increase for education, including larger grants to schools.
- $20 billion in news schools, roads and hospitals to be built over three years.

Stuck **Not the Bahamas**



THE CANADIAN PRESS/CLEMENT ALLARD

The Bahamian-flagged Algoma Discovery ran aground yesterday on the St. Lawrence River near Quebec City. The ship was expected to be freed by high tide later in the day.

Union chief calls for rescue chopper

INQUIRY Brian Murphy, vice-president of the union representing most offshore oil workers in Newfoundland, told an inquiry in St. John's yesterday that any chopper that turns back to shore for technical problems should be considered a "potential ditching" that triggers a search and rescue response. He also called for a 24-hour search and rescue chopper to be based in St. John's.

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Backless is so last season

The British government is getting behind a plan to replace drafty open-backed hospital gowns with versions that preserve patients' modesty. THE ASSOCIATED PRESS

World



First Lady kicks off nutrition campaign

Michelle Obama launched a campaign yesterday to fight childhood obesity in the U.S., part of her effort to teach children about better nutrition and exercise. Obama said the Let's Move campaign will encourage more physical activity for children, healthier food in schools and more accurate food labelling. Some of her initiatives, such as tax breaks for grocery stores to move into poorly served communities, will require congressional action.

THE ASSOCIATED PRESS

U.S. poised to seize key town

AFGHANISTAN U.S. and Afghan forces pushed to the edge of the southern Afghan town of Marjah yesterday, poised to seize the major Taliban supply and drug-smuggling stronghold in hopes of building public support by providing aid and services once the insurgents are gone. Instead of keeping the offensive secret, Americans have been talking about it for weeks, expecting the Taliban would flee. But the militants appear to be digging in, apparently believing that even a losing fight would rally supporters and sabotage U.S. plans if the battle proves destructive. About 400 U.S. troops from the Army and about 250 Afghan soldiers moved into positions northeast of Marjah before dawn as U.S. Marines pushed to the outskirts of the town.

THE ASSOCIATED PRESS

Hospitals that charge will be cut off: UN

Haiti Crisis

The United Nations has warned that it will cut off shipments of free medicine beginning immediately to any Haitian hospitals that it finds are charging patients.

When the catastrophic earthquake struck Jan. 12, authorities immediately decided to make all medical care free. More than 200 international medical relief groups have sent in teams to help, and millions of dollars of donated medicine has been flown in.

UN officials told The Associated Press that about a dozen hospitals — both public and private — have begun charging patients for medicine. The officials said they could not immediately provide the names of the hospitals but said they were in several parts of the country, including Port-au-Prince.

UN workers and quake survivors were also keeping one eye on the sky. There's been no significant rain since the disaster, but everyone knows that won't last.

The rainy season in Haiti is deadly even in a good year. Now, in a devastated capital city, the early spring rains threaten to cause landslides and bring about health problems in the makeshift camps where more than 500,000 people are living.

"We are going to have a big problem when the rainy season starts. We don't have $60 million for 100,000 tents."
Paul Antoine Bien-Aime, interior minister

Haiti's government said it needs more money or tents if people are to be moved.

"We are going to have a big problem when the rainy season starts," said Interior Minister Paul Antoine Bien-Aime. "We don't have $60 million to buy 100,000 tents." THE ASSOCIATED PRESS

Man jailed five years for questioning construction

CHINA An activist who investigated the deaths of thousands of children crushed in their schools during the 2008 Sichuan earthquake was sentenced yesterday to five years, underscoring the government's determination to suppress questions about why the buildings fell.

Many have asked whether poor construction was responsible for the staggering number of children killed in the May 2008 quake, which took 90,000 lives.

Parents have protested frequently, and authorities have reacted severely to such demonstrations, jailing, harassing and threatening participants.

Tan Zuoren, 56, was convicted of inciting subversion of state power and handed the maximum sentence of five years' jail by the Chengdu Intermediate Court in southwestern China's Sichuan province, his attorney Pu Zhiqiang said.

Tan and others have raised the possibility that shoddy construction — possibly fostered by corrupt officials who failed to enforce building codes — caused some schools to collapse in the quake while buildings nearby remained intact.

The U.S. quickly condemned the conviction.

THE ASSOCIATED PRESS

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SCANLIFE

Fearful that Barack Obama's health care olive branch is a trap, Republican doubts may leave them vulnerable. Scan this code for the story.

News in brief

AVALANCHES A series of avalanches engulfed a mountain pass in Afghanistan, trapping hundreds of people in their buried cars and killing as many as 64 people so far, authorities said yesterday. Rescuers brought in bulldozers, ambulances and helicopters in a massive effort to reach victims stuck in the frigid snow along the 3,800-metre Salang Pass, which links the Afghan capital Kabul with the northern city of Mazar-i-Sharif. Search-and-rescue teams recovered the bodies of 24 people but said they feared 40 others remain trapped and may have also died, Interior Minister Hanif Atmar said at a news conference in Kabul. About 2,500 people were rescued from their snowbound vehicles, including more than 400 injured.

THE ASSOCIATED PRESS

Governor denies closet sex report

ALBANY New York state Governor David Paterson, who got the job after his predecessor resigned in a prostitution scandal, is fighting unconfirmed rumours and news reports of womanizing and drug use.

Paterson, New York's first black governor, has cited as fabricated a Jan. 30 New York Post report that he was caught by state police in the governor's mansion cavorting in a utility closet with a woman other than his wife.

He told The Associated Press in an interview on Monday that he has not been involved sexually with another woman since he and his wife separated temporarily more than a decade ago, reiterating an admission he made upon taking office 23 months ago. THE ASSOCIATED PRESS

Washington **Hands-on response to Palin**



CHARLES DHARAPAK/THE ASSOCIATED PRESS

White House Press Secretary Robert Gibbs shoots back at former U.S. vice-presidential candidate Sarah Palin yesterday, holding out his hand to show the media he has written down "eggs, milk, hope," and "change" (inset). In a speech Saturday, Palin criticized U.S. President Barack Obama for using teleprompters before being spotted with hand-notes of her own.

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Peterborough & Oshawa, Ontario

India puts release of first genetically modified eggplant on hold
India halted the release of the world's first genetically modified eggplant yesterday, saying further study needed to be done to guarantee consumer safety before it could be cultivated in the country. THE ASSOCIATED PRESS

Sri Lankan PM dissolves parliament

Sri Lanka's president dissolved parliament yesterday to make way for spring elections a day after authorities arrested a key opposition leader, crippling the only serious threat to the ruling party's stifling grip on power.

President Mahinda Rajapaksa's decision follows his sweeping victory at the polls last month over his former army chief Gen. Sarath Fonseka, who had defected to the opposition after helping to end the country's quarter-century civil war. Fonseka was arrested Monday on sedition charges.

If last month's presidential poll is anything to go by, the upcoming parliamentary contest will be another bitter race between the government and the opposition, which says it is being harassed. Human rights groups have echoed those accusations.

Fonseka's arrest will likely serve as a warning to others who might seek to challenge the ruling party's effort to cement its grip on power in the parliamentary poll.

Rajapaksa's ruling coalition is hoping to secure a two-thirds majority in the legislature, giving them virtually unfettered control of the island nation. Already, media rights groups rank Sri Lanka among the most dangerous places in the world for dissenting journalists.

THE ASSOCIATED PRESS

Former allies

- One-time allies, Fonseka and Rajapaksa were both considered heroes by Sri Lanka's Sinhalese majority for crushing the Tamil Tiger rebels. However, their relationship deteriorated after hostilities ended.

London **A flippin' good time**



GETTY IMAGES

The BBC's Reeta Chakrabarti, left, leads the Baroness Miller of Chilthorne Domer during the annual Parliamentary Pancake Race in front of London's Houses of Parliament yesterday. The annual race between parliamentarians and journalists ahead of Shrove Tuesday was won this year by a team of MPs.

Washington area braces for another snowstorm

WEATHER A second major snow storm in less than a week was blowing yesterday toward the Washington area, where federal government offices were closed for a second day and utility workers struggled to restore power knocked out by a weekend blizzard.

The storm could leave as much as 50 cm of new snow in Washington and 45 cm near Philadelphia — a Northeast travel hub — by tonight. Powerful winds and snow were expected to hit the East Coast by the afternoon.

Parts of the region were already buried under nearly a metre of snow.

Airlines that shut down flights to Washington over the weekend warned that more would be cancelled and that travellers who didn't depart by last night were likely out of luck.

The storm hit the Midwest early yesterday, closing schools and greeting commuters with slick, slushy roads in cities like Minneapolis and Chicago. In Chicago, Southwest Airlines cancelled all of its flights at Midway International Airport until this morning. THE ASSOCIATED PRESS

News in brief

DUBAI Fifteen people were trapped inside the elevator of the world's tallest tower at the 124th floor for 45 frightening minutes on Saturday until rescuers could pry open the doors. Rescuers had to drop a ladder into the shaft so those inside could crawl out. On the observation deck, about 60 more people were stranded. The half-mile-high tower has since been shut to the public for a month in the latest embarrassment for the beleaguered city-state.

BRAZIL A German man who went to Brazil for a woman he met on the Internet has been camping out in an airport for more than a month after thieves took all his money, authorities said yesterday. Klaus Gutschmidt, 50, of Neuss, Germany, moved into the international airport in the coastal resort city of Natal in late December. THE ASSOCIATED PRESS



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Comment

5 reasons to suspend your Olympic 'belief'

TheWestView



Do you believe in Vancouver 2010? Share your views at: metronews.ca/thewestview

With three days to go, the Olympic propaganda machine is popping more than a few bolts to get everyone to "Believe."

"Believe" means something like: Forget these Games are billions over budget and will put British Columbia in a deep hole for generations. Concentrate instead on winning the gold medal in hockey, and make all the bad feelings go away.

Under the circumstances, "Believe" comes perilously close to "Drink the Kool-Aid." I already have a hangover and the party hasn't even officially begun. Looking back, it's hard not to believe that Vancouver would have been better off if the Games had gone to PyeongChang, South Korea, after all.

In honour of the Olympic rings, here are five reasons to believe in PyeongChang:

5 The Olympic mascots are endangered or non-existent species. Miga is a cross between an Orca and a Kermode bear, one threatened, the other rare; Sumi is a non-entity, Quatchi is a variation on the quasi-mythical Sasquatch, and Mukmuk, the only "real" animal in the menagerie (only a sidekick to boot), is a near-extinct Vancouver Island marmot. Somehow this says it all.

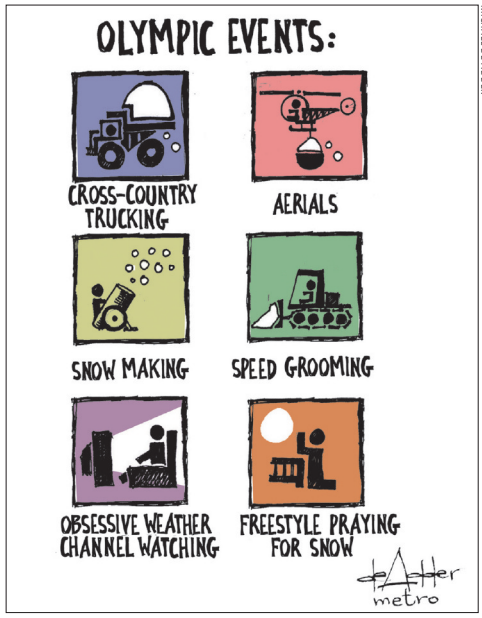
4 The Games will cost at least $6 billion. But, we're asked to believe, the net economic benefit of the Games will be $10 billion. If you believe that, would you like to buy one of these cute, cuddly Sasquatches? And speaking of legacies, what are we going to do with a $104.9 million toboggan slide?

3 The entire world now knows our dirty little secret: The best city on Earth has one of the poorest neighbourhoods on Earth — the Downtown Eastside. Imagine what it would look like if we spent $6 billion on housing the homeless, treating the addicted and providing care for the kids.

2 Why hold the Winter Olympics where there's no winter? Vancouver is the warmest venue ever for the Winter Games, with an average February temperature of five degrees. So they're trucking in snow from the interior and dumping it on the daffodils of Cypress Bowl. What's wrong with this picture?

1 What does it avail a city to own the podium and lose its soul? Vancouver is a billion dollar police state: Surveillance cameras and armed sentinels on every corner, public buildings barred to public access, dissenters turned away at the border in violation of the Charter of Rights. This is our home, and instead of "believing," we should spend a minute and actually think about what we've given up ... and what we get in return.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



MICHAEL DE ADDER

Word on the street: Do you think the Own the Podium program will result in Canada leading the Winter Olympic medal count for the first time?

Sabine Gibbins
Ottawa
A: I think it's good to have a program like this. It's an incentive for them to keep working hard and to do their best.

Catherine Letendre
Ottawa
A: I really hope it will help the medal count.

Melissa Burke
Ottawa
A: I don't think it means more medals, but they will be more prepared.

Pouyan Foroughi
Toronto
A: I hope so. I don't know if the amount of money you spend will actually get you results, but it would be a shame if it didn't.

Alex Krewiak
Calgary
A: I think it's better than nothing, but we could be doing more to help out our athletes.

Noel Ramirez
Surrey
A:Yes definitely. They can just think about their sport when they don't have to work and support themselves.



Worth mentioning

Parents fuming over baby research without consent

ETHICS A critical safety net for babies — that heelprick of blood taken from every newborn in the U.S. — is facing an ethics attack.

After those tiny blood spots are tested for a list of devastating diseases, some states are storing them for years. Scientists consider the leftover samples a treasure, both to improve newborn screening and to study bigger questions, like which environmental toxins can harm a fetus's developing heart or which genes trigger childhood cancers.

But seldom are parents asked to consent to such research — most probably do not know it occurs — raising privacy concerns that are shaking up one of public health's most successful programs. Texas is poised to throw away blood samples from more than five million babies to settle a lawsuit from parents angry at what they call secret DNA warehousing.

Michigan just moved four million leftover blood spots into a new "BioTrust for Health," planning a public education campaign about the research potential and how families can opt out.

Advisers to the U.S. government hope to have national recommendations in two months on how to assure all babies still get their newborn tests while allowing parents say in what happens next.

> **"It's a critical thing that we take action."**
> Sharon Terry, Genetic Alliance

"It's a critical thing that we take action," says advisory board member Sharon Terry of the non-profit Genetic Alliance. She says distrust over the leftover blood spots threatens public confidence in newborn screening itself.

Newborn screening is not new. It began in the 1960s, and today every baby is supposed to be tested for at least 29 rare genetic diseases. But as scientists sought to use the leftovers for broader research, suddenly the informing of parents — especially about long-stored spots — became an issue. THE ASSOCIATED PRESS

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Integrated Asset Management Corp. triples earnings
Higher performance fees boosted Integrated Asset Management Corp.'s first-quarter revenues. The Toronto-based company booked net income of $1.6 million or six cents a share in the period ended Dec. 31. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 93.64x¢	US $5.29	US $73.75	11,274.24
US 0.57¢	US 11.1¢	US 1.86¢	158.94

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



PAUL SAKUMA/THE ASSOCIATED PRESS

Molson Coors said yesterday its fourth-quarter profit more than doubled due to favourable tax benefits.

Molson doubles profit

BEER Molson Coors Brewing Co.'s fourth-quarter profit more than doubled because of favourable tax benefits even as it sold fewer beers, the international brewer said yesterday.

Worldwide volume sold of the company's beers, including Blue Moon and Coors Light, fell four per cent as people cut back on their purchases. Still, higher prices helped drive an 11 per cent rise in net sales to $820.8 million.

Sales in Canada
- The brewer earned $218.2 million, or $1.17 per share in the quarter.

Shares listed on the New York Stock Exchange rose 69 cents to $42 in premarket trading. Molson Coors Canada shares listed on the Toronto Stock Exchange closed Monday at $43.85. THE CANADIAN PRESS

More Toyota recalls

Company to fix Prius, Lexus brake issues

The dent in Toyota's reputation deepened yesterday when the reeling auto giant announced two more recalls to eliminate the possibility of momentarily failing brakes in hybrids and leaking brake tubes in another model.

Toyota Canada said the company would conduct a voluntary safety recall on the 2010 flagship hybrid, the Prius, and the Lexus HS 250h sedan to "update" software in the anti-lock brake system so it would get rid of inconsistent brake feel that has alarmed some drivers.

Toyota also disclosed that it would launch a recall on some 2010 Camry models to inspect conditions that could trigger a brake fluid leak and increase stopping distances for motorists.

The company will send notices to the owners of 3,582 owners of Prius and HS250h hybrids and 393 drivers of the early production, four-cylinder Camry models for the free repairs and inspections.

Although the latest recalls don't involve a high number of cars, they mark the third and fourth time that Toyota has sent notices for repairs in less than three months.

The latest notices involving the hybrids are part of a global recall of 437,000 vehicles in several countries including the U.S. and Japan. Toyota acknowledged last week that some owners of the new Prius and Lexus HS 250h models reported that their brakes didn't react for a few seconds after they applied them particularly on rough or slippery roads. The recalls now total 8.1 million vehicles internationally. TORSTAR NEWS SERVICE

Reputation hit but not fatal, poll finds
- A Canadian Press-Harris Decima survey shows almost three in 10 Canadians would think twice about purchasing a Toyota following the world-wide recall over faulty gas pedals.
- At the same time, 56 per cent still retain a positive impression of the Japanese automaker's products.

Business in brief

STOCK The Toronto stock market moved sharply higher yesterday as optimism increased that a fix is on the way for a potentially dangerous debt crisis facing some European countries. The S&P/TSX composite index surged 152.2 points to 11,267.5. The Canadian dollar was up 0.48 of a cent to 93.55 cents US.

TECH Google Inc. is shaving $200 off the fee that it charges customers of its new Nexus One phone to break a service contract with T-Mobile, as federal regulators continue to probe such fees.

THE CANADIAN PRESS

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SCANLIFE
As Toyota wears an apologetic public face, its lawyers work the halls of Congress to salvage their reputation. Scan this code for the story.





By the numbers

According to the 20th annual RBC RRSP poll, half of Canadians (54 per cent) expect their pensions — whether a pension from an employer (29 per cent) or a government pension (25 per cent) — to be the single, largest source of income in retirement. METRO NEWS SERVICES

RRSP Guide



Don't forget

The deadline for making contributions to your Registered Retirement Savings Plan (RRSP) for the 2009 tax year is March 1, 2010. That means you only have 19 days left!

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

What's your investing strategy?

Consider age, status when deciding on goals: Experts

RAFAEL BRUSILOW
for Metro Canada

Smart investing is crucial at any age and marital status, though your goals and strategies are going to be different along the way.

Tom Hamza, president of the Investor Education Fund, says for most people age is an important indicator of where their financial goals are aimed and you'll want to increase the number of income-generating investments you hold as you get older.

"There are life stages and your investment portfolio should always match the stage of life you're in. A great rule of thumb is that the fixed-income part of your portfolio should equal your age — that's something that should consistently change," Hamza said.



Your investment portfolio should always match the stage of life that you're in, financial experts advise.

Young investors should pay off their debts first in order to free up income for investing, while older ones should focus on protecting their capital.

"For young people, if you have outstanding debts like student loans or credit card debt, tackle those first. Make sure your house is in order first, then focus on paying ahead. As you get older, you'll want to reduce risk and have more sources of reliable income," Hamza said.

Christine Van Cauwenberghe, director of tax and estate planning at Investors Group, says seniors and retirees need to take special care to navigate the tax system because maximizing the use of their saved money is paramount at that stage in their lives. Seniors should speak with an investment adviser to figure out how to arrange their financial situation to make sure they pay as little tax as possible while still drawing a comfortable income.



"For seniors, it's very important to minimize your net income. If you just rearrange a few things, you can often save a lot of money," Van Cauwenberghe said.

For couples, Van Cauwenberghe says marriage or a common-law situation can offer a wealth of investment boosts, such as pension income splitting and spousal RRSPs, but it can also create new challenges so make sure you speak with an expert.

Hamza says for couples where one person earns significantly more than the other, options exist to split income away from the higher earner to the lower one, lowering taxes in the process.

"You want to make sure the higher income earner pays fewer taxes," he said.

No matter what your age or marital status, however, don't treat your tax return as a spending bonus — if possible, reinvest it instead.

"For many people, it will make sense to take that tax return and apply it to other investments to get more bang for your buck — don't just use it as spending money," Hamza said.

"The fixed-income part of your portfolio should equal your age — that's something that should consistently change."
Tom Hamza, the Investor Education Fund

Next week's lineup

SPOUSAL RRSPS For advice from the experts on how to make the most of your spousal RRSP, pick up Metro's next RRSP Guide on Feb. 17.

Cashing out RRSP early not ideal, experts warn

ROBYN YOUNG
for Metro Canada

If you're strapped for cash and don't know where to turn, withdrawing from your RRSPs should be the last resort.

"This would be similar to cashing in a pension plan early; you are really affecting your future ability to take care of yourself," said Kevin MacLeod, certified financial planner and president of MoneyAdvisor.ca Financial Ltd.

Jeff Young, senior manager of financial planning support for RBC, says a lot of people don't understand the power of the long-term compounded interest on an RRSP.

And there are a number of penalties that accompany cashing out those funds before retirement.

"Upon immediate withdrawal, there will be a withholding tax," he said.

The institution housing your RRSP is required by the Canada Revenue Agency (CRA) to withhold a certain percentage of the money withdrawn: 10 per cent for any amount up to $5,000; 20 per cent for amounts between $5,001 and $15,000; and 30 per cent for any amount over $15,000.

Young said some financial advisers may suggest clients withdraw funds in $5,000 chunks to avoid the higher withholding tax, but this method is not the way to go.

"The CRA has come out explicitly and stated that they don't support that approach," he said.

"Some institutions may not even do it."

After the withholding tax, the sum withdrawn is taxed at the individual's taxation rate; it's added to whatever other income accumulated that year.



If you're strapped for cash, withdrawing from your RRSPs should be your last resort, financial experts advise.

There is no way to avoid the tax payable on an RRSP — all you can do is defer it, said MacLeod.

"When you file your income taxes the following year, the entire amount of your withdrawal is included in your income," he said. "At that point, you either pay the additional tax you owe or collect a refund if what was withheld was too much."

Finally, if you have no other option but to withdraw from your RRSPs, Young says you should think long and hard about it first.

"Think about, 'How much do I need?', and don't take out any more than that," he said.

It might make more sense to look at the root of the problem, he said. How did you end up in a situation where you need to consider your last resort?

"There could be a bigger problem there," he said. "Don't avoid it."

When it's worth it

There are a few situations where cashing out your RRSPs can make sense:

- If you're thinking about going back to school, consider the Lifelong Learning Plan. This will enable you to withdraw up to $20,000 from your RRSPs without being taxed — as long as the money is repaid within 10 years.
- The First Time Homebuyer's Plan allows a withdrawal of up to $25,000, tax free, from an RRSP for a downpayment on a first home with a repayment period of 15 years.

By the numbers
According to the 20th annual RBC RRSP poll, 68 per cent of Canadians feel having enough money for a comfortable retirement is the most important consideration when retiring. METRO NEWS SERVICES

Borrowing to invest an option

ROBYN YOUNG
for Metro Canada



One way to maximize your RRSP contributions is to get an RRSP loan — but this option may not be for everyone, experts warn.

One way to maximize your RRSP contributions is to get an RRSP loan, but professionals in the industry warn this is not for everyone.

"It all depends on your tax rate, your expected rate of return and how fast you're going to pay off the loan," said Jamie Golombek, CIBC's managing director of tax and estate planning.

When you borrow to put money into an RRSP, the interest on the loan is not tax deductible, so it can become quite expensive, he said.

You may end up paying more interest to the loan than you'll make on the RRSP, especially if it's in a daily interest account or GIC.

"But if you have a higher rate of return (on the RRSP), then it may make some sense," he said.

Kevin Cork, certified financial planner based in Calgary, says if you're considering a loan to contribute, think about your saving style.

"For some people, getting an RRSP loan isn't really the ideal system because there's always going to be debt to the loan," he said.

For others, who are better at paying down debt than saving, it's a viable option.

It's all about carrots and sticks, he said.

"They need that stick of the fact that they owe this money," he said.

If you decide to get a loan to contribute, Susan Howe, regional financial planning consultant with RBC, says go for a line of credit or apply for an RRSP loan, which is specifically designed for contributing to your RRSP and will likely have favourable interest rate terms.

Whichever way you decide to go, Howe said it's imperative to ensure you have the means to carry the loan debt.

"The key is that you have to have the available cash flow to support those payments."
Susan Howe, RBC

"The key is that you have to have the available cashflow to support those payments in view of whatever else might be going on in your financial picture," she said.

Alim Dhanji, certified financial planner with Assante Financial Management in Vancouver, recommends anyone considering borrowing to contribute to their RRSP proceed with caution.

"If you can pay the loan back right away, then I am OK with it," he said. "Otherwise, I generally don't like people getting behind and always borrowing to catch up."

Rather than paying off debt, Dhanji recommends setting up monthly contributions to an RRSP because it creates good habits.

Avoid rushed decisions, not your RSPs.

With the *Scotia Money Master for RSPs*® earn a 2%* interest rate on your contribution today.

A great place to grow your retirement savings until you're ready to decide how you want to invest them. And, when you are ready, a Second Opinion from a *Scotia*® advisor can help get your retirement plan back on track.

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* Conditions apply. Please read the Terms & Conditions. Annual interest rate effective as of February 1, 2010. Rate subject to change at any time. Interest is calculated daily on your closing principal balance, reported monthly and paid to your account on June 30th and December 31st each year. We reserve the right to extend or cancel the offer at any time.

Man City climb into fifth place

Carlos Tevez and Emmanuel Adebayor scored to give Manchester City a 2-0 win over Bolton last night that moved the team up to fifth place in the Premier League. THE ASSOCIATED PRESS

Sports



Peppers cools on long-term deal

Julius Peppers, left, no longer wants a long-term contract with Carolina, saying the Panthers have ignored him this off-season. In an interview aired yesterday morning on Charlotte radio station WFNZ-AM, the five-time Pro Bowl defensive end indicated he's irritated by the team's "silence" and has changed his stance on whether he wants to continue his career in Carolina. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

NHL A record six teams will open the 2010-11 NHL regular season with games in Europe, the league and NHL Players' Association announced yesterday. The Carolina Hurricanes and Minnesota Wild will open the campaign in Helsinki, Finland on Oct. 7, and then meet there again Oct. 8. The Columbus Blue Jackets and San Jose Sharks play two games in Stockholm, Sweden, on Oct. 8-9 while the Boston Bruins and Phoenix Coyotes will square off in Prague, Czech Republic on Oct. 9-10.

NHL The Carolina Hurricanes activated Finnish forward Tuomo Ruutu from injured reserve yesterday. Ruutu had missed 15 games since sustaining an upper-body injury in a fight with Colorado's Darcy Tucker on Jan. 8.

MLB Speedy outfielder Willy Taveras has been released by the Oakland Athletics, eight days after he was acquired from Cincinnati with infielder Adam Rosales for infielder Aaron Miles and a player to be named.

CFL David Braley is now the owner of two CFL franchises. The Toronto Argonauts announced last night that co-owners David Cynamon and Howard Sokolowski had reached an agreement to sell their club to Braley, who also owns the B.C. Lions.

NBA San Antonio Spurs guard George Hill is apologizing for nude pictures of himself that were recently posted online. In a statement issued by the team yesterday, Hill said: "A year ago I made a mistake and take full responsibility for my actions. I have matured and learned from this episode."

CHARGES St. Louis Rams running back Steven Jackson won't face criminal charges over allegations that he beat a girlfriend who was nine months pregnant with the couple's child at his Las Vegas home last year, a police spokeswoman said yesterday. METRO NEWS SERVICES

SCOREBOARD

NBA

YESTERDAY'S RESULTS

Charlotte 94 Washington 92
Chicago 109 Indiana 101
Cleveland 104 New Jersey 97
Detroit 93 Milwaukee 81
Miami 99 Houston 66
Philadelphia 119 Minnesota 97
Sacramento 118 New York 114 (OT)
Atlanta at Memphis
Dallas at Denver
Oklahoma City at Portland
Utah at L.A. Clippers

NHL

YESTERDAY'S RESULTS

OTTAWA 3 Calgary 2
Tampa Bay 3 Vancouver 1
Carolina 4 Florida 1
N.Y. Islanders 4 Nashville 3 (SO)
Boston 3 Buffalo 2 (SO)
Detroit at St. Louis
Dallas at Chicago

METRO HOCKEY POOL STANDINGS*

Sponsored by Money Mart

NAME	LOCATION	GP	G	A	PTS
1. Brian B	AB, CA	839	361	496	857
2. Jonathon Gremsperger	BC, CA	840	357	491	848
3. Shawn Tschritter	AB, CA	838	345	497	842
4. Christian Gagnon	NB, CA	795	341	495	836
5. Stephanie Warren	NS, CA	818	349	480	829
6. Joanne Doiron	NB, CA	793	335	490	825
6.Kyle Turk	NS, CA	845	356	469	825
8. Bernie Horton	ON, CA	783	342	476	818
8. Grant Greenfield	AB, CA	807	367	451	818
10. Jean-Paul Osborne	QC, CA	833	333	483	816
10. Steve Ferguson	ON, CA	827	342	474	816
12. Jordan Camponi	AB, CA	796	326	489	815
13. Blaine Schlechter	AB, CA	806	332	479	811
14. Paula Almeida-Stille		829	341	469	810
14. Stephen Stille	ON, CA	829	341	469	810

* Results exclude Quebec

markerzone.com metro

Senators douse Flames

NHL RESULTS

Calgary 2 Ottawa 3

VS

Jason Spezza had a goal and an assist last night as the Ottawa Senators defeated the Calgary Flames 3-2.

Spezza scored the winning goal late in the second period and Brian Elliott made 27 saves, including two huge stops as Calgary pressed for the tying goal in the dying seconds.

Alex Kovalev and Jarkko Ruutu also scored for the Senators (34-22-4) who got back on the winning side of the ledger after having an 11-game winning streak snapped in Toronto Saturday night.

The Flames (29-22-9) got a goal and an assist each from Matt Stajan and Niklas Hagman as well as two assists from captain Jarome Iginla. Mikka Kiprusoff made 28 saves in the Calgary goal.

The Flames took a 2-1 lead early in the second period as Stajan took a pass from Iginla inside the Senators blue-line, split the defence then went backhand to forehand and put a shot over top of Elliott and in at 3:18.



FRED CHARTRAND/THE CANADIAN PRESS

Calgary goaltender Miikka Kiprusoff looks on as Ottawa's Jason Spezza, left, and Milan Michalek celebrate Ottawa's goal during last night's action.

The Senators responded with two fortuitous bounces to take a 3-2 lead before the end of the period.

The first came at 9:36 as Ruutu was heading out of the Flames zone when he found a loose puck at his feet in the faceoff circle. He turned and fired a shot past an unsuspecting Kiprusoff to tie the game.

Seven minutes later Spezza had an empty net to shoot at as Jonathan Cheechoo's pass deflected off the skate of Adam Pardy right onto Spezza's stick, who buried his eighth goal in nine games since returning from a 20-game absence with a knee injury.

Those weren't the only two Senators bounces during the game either.

After Hagman opened the scoring for the Flames at 16:51 of the first period, Kovalev took a shot that bounced off Calgary defenceman Daymond Langkow's skate and past Kiprusoff 19 seconds later.

THE CANADIAN PRESS

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New Habs GM sends positive message to Plekanec

NHL The Montreal Canadiens are still dealing with the surprise of hearing their general manager was stepping down, but one of their key players was pleased with the message sent by the man taking his place.

New GM Pierre Gauthier announced in his first press conference Monday that a dialogue had been opened with the Habs' leading scorer Tomas Plekanec, an impending unrestricted free agent.

A day later, Plekanec said it was comforting news when his agent Rick Curran informed him that a conversation had taken place with Gauthier.

"That's nice to know that they talked, they had a one-on-one phone call and talked about what our position is and what their position is," Plekanec said after practice yesterday.



RICHARD WOLOWICZ/GETTY IMAGES

Tomas Plekanec has 15 goals and 43 assists for 58 points this year — good enough for 18th in the NHL entering last night's action.

Plekanec was clear, however, that it did not mean the Canadiens had entered into negotiations with him.

"I don't think they have really started yet," he said. "It was just one phone call. So we'll see."

Plekanec was 18th in the NHL in points entering last night's games, with 15 goals and 43 assists. If he were allowed to hit the open market, Plekanec would likely at least double his $2.75-million US salary. But he says he would rather not go down that road.

"If we can agree on everything, I would be more than happy to stay here and play for the Montreal Canadiens," he said. "I love it here, it's my second home. I don't see myself right now playing somewhere else."

THE CANADIAN PRESS

Boot camp put team to the test

Women spent 24 days in Dawson Creek, B.C.

Carla MacLeod's eyes filled with tears at the thought of one more session in the weight room. Beckie Kellar had to overcome her fear of bears. Jayna Hefford thought "What am I doing here?"

Whatever the Olympic Games throw at the Canadian women's hockey team now that they've arrived in Vancouver, nothing will be harder than the month they spent together near Dawson Creek, B.C., last spring.

Boot camp, as it is not-so-fondly called, tested the women physically and mentally for 24 days in May and June. In the process, they pushed past their limits and helped their teammates get past theirs.

When the players reconvened in Calgary in August to begin full-time training, they already had a strong base of trust and fitness to build on.

"They learned how to work through a lot of different things and things we might still be working through right now had we not done that," head coach Melody Davidson says.

Days that started at 7 a.m. and ended at 9 p.m. laid the foundation for physical and mental toughness that the players must draw on now that their final and biggest test is upon them. The Canadian women open the Olympic tournament Saturday against Slovakia at Thunderbird Arena.

Running, rock climbing, kickboxing, yoga, weight sessions, triathlons, in addition to on-ice drills, kept the Canadian women on the go from morning until night. Towards the end of boot camp, they rode their bikes 35 kilometres into the mountains, hiked up one and back down before making the return trip on their bikes.



Carla MacLeod

Exhaustion would eventually hit. The players had to find reserves they didn't think they had to continue. They also learned to recognize when teammates were struggling and what help they needed.

"We call it hitting the wall. You just bonked," MacLeod says. "In the 30 days, I probably hit a wall three different times, where I just wondered 'what is going on? This is crazy.'

"I think that's why it is such great team bonding. All of that's important. It's testing your limits. It's neat as a person to see how far you can go and how do you react when you are in your low of lows. Do you yell? Or do you retreat?"

Boot camp has become standard for Canada's Olympic women's hockey teams since they held one in Valcartier, Que., prior to the 2002 Games.

THE CANADIAN PRESS

Sponsor offers rich reward for luge gold

CASH After years of slumming it, Canada's Olympic luge team has a chance to move into sport's high-rent neighbourhood.

An Alberta sponsor has offered a $1-million prize to any Canadian luger who wins a gold medal at the Winter Olympics.

"That's huge for us to be offered that sort of thing," Calgary's Alex Gough said yesterday, a few moments after learning about the golden carrot.

Sam Edney said the offer shows the potential of Canada's luge team.

"A year ago we had no title sponsor," said the Calgary resident, who is considered a threat in the men's event. "Now we've got a group of people that believe in us so much they are willing to put that kind of money on the line."

The cash is being put up by Fast Track Group, a company which bills itself as a financial education specialist.

"I guess I'm blessed financially and I wanted to share," company founder Darren Weeks said.

The million-dollar prize would be split between the athlete and the Canadian Luge Association. There is only the single million-dollar windfall, so if athletes win more than one gold, they'll have to divide the money among themselves.

The company is also offering $50,000 for each silver and bronze medal.

THE CANADIAN PRESS

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Student builds 'smart camera' for automakers

A "smart camera" technology that can help increase a factory's efficiency has won its student designer the national AUTO21 TestDRIVE automotive research competition. Siddhant Ahuja, a PhD student at the University of Windsor in Ontario, received a $10,000 scholarship for his work on indoor real-time location tracking systems. CANADIANDRIVER.COM

Metro Drive

Closer to World Car title

The first round of finalists for the 2010 World Car of the Year have been named. The winner will be announced at the New York International Auto Show. The 10 cars for World Car of the Year are the Audi Q5, BMW X1, Chevrolet Cruze, Kia Soul, Mazda3, Mercedes-Benz E-Class, Opel/Vauxhall Insignia/Buick Regal, Porsche Panamera, Toyota Prius and Volkswagen Polo. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

4Runner got mojo

Toyota beauty rolls with the rough

NEIL MOORE
for Metro Canada

2010 Toyota 4Runner

Type: Intermediate SUV
Price: (base SR5 model) $36,800
Engine: 4.0 litre DOHC 24-valve V6 (270 hp and 278 lb/ft of torque)

Highlights

- Impressive ability to handle rough terrain
- Plush interior

Today's sport utility vehicles are a far cry from the boxed pickup trucks of yesteryear. Now offering the style and amenities demanded by the business executives and soccer parents who buy them, SUVs now seem more about comfort and style than they do about either sport or utility.

Sure, they offer four-wheel-drive, many also with four-wheel-lock and other traction control systems, but how many can truly take the pounding of serious off-roading?

With that question in mind, I jumped at the opportunity to put the all-new 2010 Toyota 4Runner SUV through the paces in the backwoods of Muskoka cottage country, during a recent launch event.

From all appearances, the current generation 2009 4Runner has become every bit as urban and posh as others in the intermediate-size SUV segment. And despite its roots — and current status — as an able off-roader, it doesn't look the part.

The newest 4Runner is taller, wider and longer than the '09, with pronounced, squarish fender flares, wide shoulders, masculine grille and overall, a no-nonsense, truck-like exterior.

At the heart of this new model is a new six-cylinder powerplant that replaces the fourth-generation's standard 3.5 litre V6 and optional 4.7 litre V8 engines. This 4.0 litre DOHC 24-valve V6, rated at 270 hp and 278 lb/ft of torque, is up by 34 hp and 12 lb/ft over the previous V6 and up 10 hp over the optional V8, while matching its 5,000 lb. towing capacity.

This engine also sees a five per cent improvement in fuel economy over the prior V6 and 17 per cent better than the previous V8. It is rated at 12.6/9.2/11.1 litres/100 km city/highway/combined.

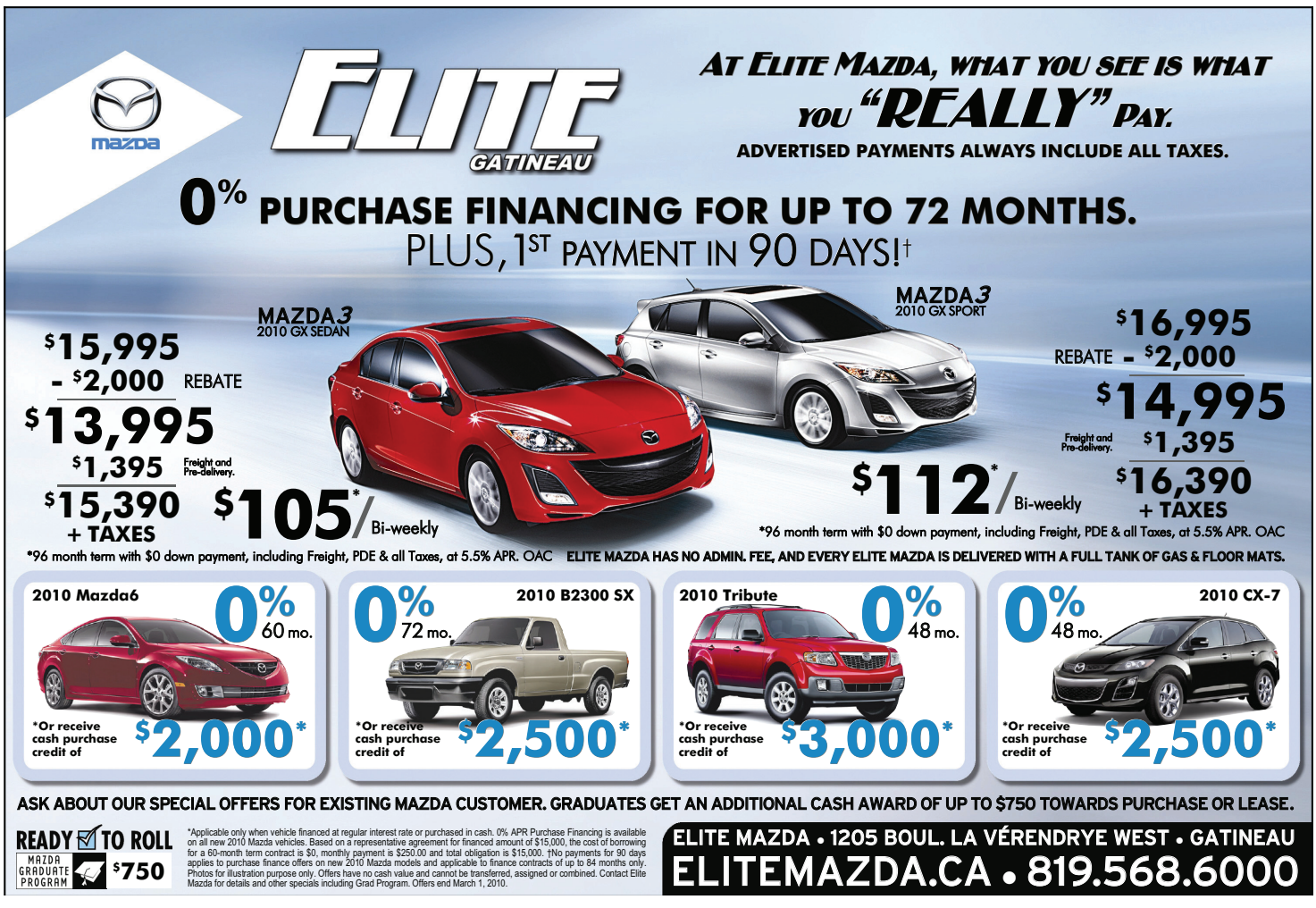
Along with more oomph, the 2010 4Runner features an even more impressive ability to handle tough terrain.

The SR5 model comes standard equipped with eight-way power driver's seat; four-way power passenger seat; XM satellite-capable, eight-speaker audio system with Party Mode; running boards; multi-information display and a bevy of safety features.

Proof again that after 25 years, the 4Runner may have flirted with fashion, but has never lost its mojo.



The2010 Toyota 4Runner has been given a more rugged appearance to match its off-road ability.



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www.nissan.ca/rogue

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Auxiliary audio input jack • Winner of a Consumers Digest Best Buy Award[1]

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$5,298 DOWN PAYMENT

CITY: 8.7L/100KM (32 MPG)
HWY: 6.0L/100KM (47 MPG)▲▲

3.5 SR MODEL SHOWN▲ www.nissan.ca/altima



MORE 2010
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HWY: 6.3L/100KM (45 MPG)▲▲

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Offers valid between February 2nd and March 1st, 2010. †Lease offer available on new 2010 Rogue FWD S (W6RG10 AA00)/2010 Altima Sedan 2.5 S (T4RG10 AE00)/2010 Versa Hatch 1.8 S (B5LG50 AA00). 1.9%/1.9%/2.9% lease rate for a 39/39/60 month term. Monthly payment is $249/$289/$179 with $3,788/$5,298/$1,448 down payment or equivalent trade-in and include ($1,500)/($1,400)/($1,325) freight and PDE, $5 OMVIC fee, $29 tire stewardship fee, and $100 air conditioning tax. License, insurance, registration, and other applicable taxes (including GST, PST and $75/$75/$75 tax for fuel conservation) are extra. Dealer order/trade may be necessary. Offer is for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. 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The $1,500 bonus applies only to the purchase or lease of new 2010 Rogue FWD S (W6RG10 AA00) models. The $1,500 bonus is stackable with subvented lease and finance rates and is deducted from the starting price after taxes. Limited time offers on approved credit through Nissan Canada Finance are subject to change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. **Model shown $30,932 Selling Price for a new 2010 Rogue SL AWD (V6SG10 AA00), CVT transmission/$33,432 Selling Price for a new 2010 Altima Sedan 3.5 SR (T4SG10 AA00), CVT transmission/$18,857 Selling Price for a new 2010 Versa Hatch 1.8 SL (B5RG50 AA00), manual transmission and includes ($1,500)/($1,400)/($1,325) freight and PDE, $5 OMVIC fee, $29 tire stewardship fee, and $100 air conditioning tax. License, insurance, registration, and other applicable taxes (including GST, PST and $75/$75/$75 tax for fuel conservation) are extra. Dealer order/trade may be necessary. 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The Best Buy Seal is a registered trademark of Consumer Digest Communications, LLC, used under license. [2]Government star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov). U.S. model tested. Please see www.safercar.gov for up to date information. [3]The Nissan Altima received the lowest number of problems per 100 vehicles among midsize cars in the proprietary J.D. Power and Associates 2009 U.S. Initial Quality Study℠. Study based on responses from 80,930 U.S. new-vehicle owners, measuring 245 models and measures opinions after 90 days of ownership. Proprietary study results are based on owners and perceptions of owners surveyed in February-May 2009. Your experiences may vary. Visit jdpower.com. [4]The 2010 Versa Hatch and Rogue are winners of a Consumers Digest Best Buy Award. The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ▪For a limited time receive up to $1,000 Grad discount available on select models when leasing or financing a new 2010 Nissan. See retailer for complete Grad program details.

Cheap flights coming to Alaska?

Travel industry officials say more airline flights to Alaska this summer may boost competition and result in lower fares to some Lower 48 cities. Daily nonstop service to Anchorage flights have increased by 50 per cent. **METRO NEWS SERVICES**

Travel



Aspen adopting tourists

Find this ritzy ski resort a little snobby? Aspenites are working on it. A city tourism initiative announced this week seeks to shake off Aspen's unfriendly reputation, according to the Aspen Daily News. The Adopt a Tourist promotion has city officials asking residents to volunteer to play host for visiting tourists.

METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Delivering Excellence

Forget the flowers, head south for your Valentine's Day

JOHN AND SANDRA NOWLAN
For Metro Canada



JOHN NOWLAN/METRO CANADA



Horseback rides come complimentary while staying at Excellence resort. The Dominican coast line is considered to be some of the best in the world.

Flowers and chocolates may be ideal gifts for Valentine's Day but many couples are opting for a more exotic treat in a tropical, luxury setting.

All-inclusive Caribbean resorts that cater only to adults are becoming more popular with Canadians. Few do it better than Excellence Punta Cana at the far eastern end of the Dominican Republic.

The 450 room Excellence Punta Cana is about an hours drive from the modern, efficient thatched-roof airport, positioned in a series of low rise buildings along a half kilometre stretch of soft, golden sand.

Our late evening arrival didn't prevent a warm Dominican welcome with chilled glasses of sparkling wine in the lobby, a seamless check-in and, in our large suite (four-poster, king-size beds and marble floors are standard), a bubble bath in our double Jacuzzi with rose petals, candles and incense — a great romantic start to a week's vacation.

In the morning we awoke gentle sea breezes blowing through scores of dancing palm trees and a perfect 25 degree temperature. The breakfast buffet convinced us that this resort was special. In addition to the usual goodies (including excellent waffles, fresh-baked bagels and outstanding coffee) two types of caviar were offered as well as mimosa and Bloody Mary stations.

Fine cuisine is beginning to set the Dominican Republic apart from other all-inclusive resort areas of the Caribbean.

One of the reasons Excellence seems to excel is its policy of a la carte dining every evening in its eight theme restaurants. There's also an emphasis on fresh, local produce. Choices include Chez Isabelle (French), Agave (Mexican), Barcelona (Mediterranean, including excellent tapas), Toscana (Italian), Spice (Pan-Asian), Oregana (informal pizza and pasta), The Lobster House (sadly, only Caribbean lobster) and The Grill steakhouse (the favourite of the meat-loving Greens from Edmonton).

Once a week there's also a Dominican night, usually on the beach, where chefs prepare local specialties including roast suckling pig.

Any couple wanting a special, romantic dinner by the sea can choose (at extra cost) a private, candlelit meal directly on the beach with a special menu, unobtrusive service, fine wines and an unbeatable ambience.

In the Caribbean, the sun is the same wherever you go.

The water is virtually the same. It's how you're treated that makes the difference.



Part of the large botanical garden at Excellence Punta Cana.

Couples only resort

Deals and prices

- A week for two at this all-inclusive resort begins at $2,500 for a garden suite.
- But if you book a room on short notice the prices drop dramatically for most suites — if you book a garden suite for next week the price is nearly halved.
- Additionally book a garden or mountain view suite now and travel from Feb. 2nd through Feb. 28th, 2010 and obtain 15 per cent discount.
- The hotel is only 35 miles from the Punta Cana airport and a shuttle service is provided.



Venice getting ready to party
Masked merrymakers are cavorting in Venice to mark the start of Carnival. The canal-laced city's pre-Lenten festivities are Italy's most popular. METRO NEWS SERVICES

Get yourself in the driver's seat

Alps resort offering Olympic-style bobsled rides to tourists

RICHARD MORIARTY
For Metro World

The advertisement persuading skiers enjoying the Alps to clamber into a bobsled and careen down a track at more than 120kph shows two smiling girls without a care in the world.

Like most marketing ploys it's not exactly a true reflection of how you feel as you hurtle into terrifying bends a couple of inches above the floor in something similar to a metal coffin. Smiling comes a poor second to hanging on for dear life

But having taken on the 1.5km course in Paradiski in the French Alps in one minute 10 seconds, I can assure wannabe daredevils that it is great fun — but it's difficult to smile when G-forces are trying to force your face through the back of your helmet.

Most people will see some bobsled events at this year's Olympics but the only way to find out just how scary the sport is to do it yourself.

That's how I found myself strapped in a Mono Bob (cost $103) on an ice-covered track which was used in the 1992 Albertville Olympics during a long weekend skiing.

When I got to the bottom and completed the most terrifying event in my life, I decided if given the chance again I'd take it.

But next time I might opt to be taken down the hill with a professional driver.


METRO WORLD NEWS

Fans of Olympic bobsledding will want to try out this course.



The Mono Bob ride costs $103.

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^Save $50 per person, per segment (max. $100) on new bookings made from Feb 1 to Mar 15, 2010. Travel period from Apr 1 to Oct 31, 2010. Promotion for students only (student ID required). Cannot be combined with any other promotion. Not applicable on child rates, last minute bookings (bookings made 21 days prior to departure). See travelcuts.com for full details and gateways. ON–4499356/4499372 | BC–33127/34799/34798 | QC–7002238


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Paris $294*
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Los Angeles $419
Travel Mar 23 - Apr 6/aa + taxes & fees $120

Cairo $599*
Travel Mar 23 - Apr 6/lx + taxes & fees $408

Honolulu $699
Travel Mar 23 - Apr 6/aa + taxes & fees $30

Lima $699*
Travel Mar 23 - Apr 6/aa/la + taxes & fees $220

Rio de Janeiro $829
Travel Mar 23 - Apr 6/ua + taxes & fees $180

Vacations

Las Vegas Air + 4 Nights **$322***
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Departs Mar 21/wsv/ws.

Orlando Air + 7 Nights + Car $316*
Clarion Maingate + taxes & fees $264
Departs Feb 19/vat/ts. ADD 5-day *Walt Disney World* Resort *Magic Your Way* Base Ticket for $259.

Mont Tremblant
3 Nights + 2 Lift Ticket $399
Les Tremblant Suites taxes & fees included
INCLUDES 2-day lift ticket at Mont Tremblant. Travel Mar 12 - 15/ggv. ADD 3-day car rental from Ottawa for $60 per day.

California Air + Car $479
+ taxes & fees $115
INCLUDES air into San Francisco, return from San Diego and 7-day car rental with unlimited mileage. Departs Feb 13/ggv/nw. UPGRADE to convertible for $25 per day.

Boston Air + 3 Nights $499*
Midtown Hotel + taxes & fees $125
Departs Feb 25/ggv/aa.

New York March Break
Air + 3 Nights $499*
Tudor Hotel New York + taxes & fees $111
INCLUDES Manhattan accom. Departs Mar 12/ggv/aa.

Miami Air + 3 Nights + Activity $649
Sonesta Bayfront Resort + taxes & fees $113
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$299
Celebrity Century + taxes & fees $103
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B.C. reduces capital allowance for NWCC

British Columbia-based Northwest Community College's annual capital allowance will be reduced by 74 per cent, according to a community update from college president Stephanie Forsyth. As well, B.C.'s College of New Caledonia will see its annual capital allowance reduced next year, resulting in more than $1 million in cuts. METRO NEWS SERVICES

Workology

TVO Best Lecturers revealed

TVO announced yesterday the 10 finalists in this year's Big Ideas Best Lecturer Competition. Queen's, University of Toronto, and York have two contenders each, and Laurentian at Georgian College, Ryerson, UOIT, and uOttawa are each represented by one professor. Starting March 6, viewers across Ontario can watch the finalists deliver their lectures. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Bringing Compliments food to grocery getters

Working the Wok

For the month of February, Metro's Workology section will be focusing on some delicious food-related careers. Check back every Wednesday for a new feature.

JON TATTRIE
for Metro Canada



Lining the halls of grocery stores across Canada is tasty work, says Sobeys' John Hale.

John Hale has eaten his way to the top of the food chain, parlaying his sensitive palate into a job perfecting the Sobeys store-brand Compliments.

"I'm a sensitive guy," the stocky 40-something Yorkshire, England, man says to laughs from a colleague who describes him as "looking like a football hooligan."

Hale's tongue was poached from the U.K. supermarket chain Tesco in 2007 when he brought his 25 years of experience to Canada to take up a post as director of product appraisal and product development for Sobeys.

His job is to taste-train members of the public so that they can help Sobeys craft a range of delicious dishes. A team of 100 panelists are drawn from the general public and it's Hale's job to teach their tongues how to taste over a six-week course.

"When you start off with a customer, they always say, 'It's nice, it's tasty, it's lovely.' That's not really what I'm after — I'm after what's in that product," he explains.

He's not a chef and has never worked as one — he studied chemistry, not culinary — but his exceptional chops have made him a sought-after foodie.

He tends to arrive at work by 7 a.m. and works until 7 p.m., Monday to Friday. "A lot of that's my choice, because I'm dedicated to what I do," he says. "There's a lot pride here — pride in getting really good products out on the shelves."

Most of his day is spent eating food. Teams of 12 panelists work on a product, with six products sampled in a three-hour session.

"We made sure that our products were good enough for our customers and if they weren't, we put them back in product development," he says. "To be honest with you, I don't think I've ever packed a lunch."

While most people think taste comes from the mouth, Hale says in fact the nose knows: 85 per cent of "taste" comes through smell.

Job hazards are hot and spicy foods, which can damage your taste buds, and the constant risk of overeating.

For Hale, his job is a dream come true. "I wouldn't swap working with food for anything," he says. And to unwind after work, he turns to his favourite pastime: Cooking.

France is the global hot spot for training people in his job, along with Leeds and Reading universities in the U.K.. In Canada, he cites George Brown College in Ontario.

For more of the Working the Wok exclusive series check Workology every Wednesday or stop by: metronews.ca/work

Oft-asked workplace questions answered

WorkplaceLaw



Daniel Lublin

Metronews.ca/workplacelaw

Criticism is a must in the world we live. This is as true at work as it is in life, except that in workplace law there is always an exception. Here is a sampling of some of the questions readers of this column frequently ask and the answers I often provide.

Performance appraisals

When assessing merit, your appraisals matter. When assessing severance, they are generally irrelevant. This is because poor performance is rarely cause for dismissal. Similarly, there is no such concept as "near cause," which means there should be no correlation between your level of performance and the quantum of severance you will ultimately receive. Therefore, if you are fired and it relates to performance, you should receive the same severance as if it did not.

Letters of reference

Employees often think they are entitled to a reference. They are mistaken. There is no right to a letter of reference, no matter how long or meritorious your service.

Restrictive covenants

Despite agreeing to non-compete agreements, very few employees are later held to them, no matter how appropriately the clause was drafted. Non-solicitation clauses, however, are a different story. Courts have consistently upheld agreements not to solicit former clients or employees after departure, despite how important you may or may not have been.

Employment contracts

If there is a written contract, it has to meet a number of tests. The employee must, at least, be given the opportunity to negotiate or those terms that are punitive may not be enforced later on. This rule also applies during the course of employment, except that something of greater value must also be offered, such as a raise or a promotion. Otherwise, the courts have reasoned, an employer could unilaterally impose new terms, and an employee would be left without the leverage to negotiate or refuse.

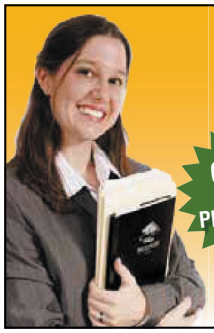
Resignations:

If you resign with advance notice and your employer asks you to immediately leave, are you entitled to pay for the remaining period of notice? Unless there is a contract that says otherwise, generally you are.

Independent contractor agreements

It usually will not matter that workers have signed agreements confirming they are independent from their employers. When this characterization is challenged, sometimes many years later, courts are apt to find these workers were truly employees. No surprise there. Many times the contract represented little else than a "label." What matters is how the parties actually behaved.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@toronto-employmentlawyer.com.



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Enrolment boom at NIC
North Island College reports that January registrations at the institution are up 19 per cent compared to figures from the same time last year, while the number of students has risen by 13 per cent. METRO NEWS SERVICES

Advice: It's always your decision

Dragons' Den




CBC PHOTO

Frank Janicek gets some hard advice from the Dragons about his board game, Take Me To The Cleaners, on tonight's episode of Dragon's Den. It airs at 8 p.m. on CBC.

Have you ever asked for advice about your career? And did you take that advice?

I'm a big believer in consulting experienced, knowledgeable people before making any big moves in your workplace. It's good to get a variety of perspectives, and possibly more information, before taking a significant step.

Tonight on Dragons' Den, one of the Canadian entrepreneurs pitching for investment won't listen to Kevin's advice about how to proceed with his product.

"Why aren't you listening to me?" Kevin demands. "What's the matter with you?"

Whether or not this entrepreneur should listen to Kevin could be debated. Certainly all of the Dragons have been incredibly successful in business, so any bits of wisdom they share should be considered. But at the end of the day, everyone does have to make their own decision, since we're the ones who will bear the consequences.

"We should also be careful about giving advice. It's easy to shoot from the hip ... but if you're not truly confident about your recommendation, don't give it."

A good friend of mind once acted on some bad advice. He'd been having difficulty in his workplace — the boss was having an affair with a member of the team and that person seemed to be getting the best assignments. My friend consulted another colleague, who worked in a different department. "Go to your boss's supervisor," he was told. "This is a bad situation, and someone higher up has to intervene."

But what my friend didn't consider was that the person giving him advice was as new to the company as he was. Neither realized that the badly-behaved boss had worked for the company a long time, and was able to command a higher level of loyalty than he was as a junior employee. Shortly after making his report to the top executive, my friend was told his contract would not be renewed.

Maybe his boss got a stern lecture about the affair; maybe not. The point is, my friend was ill-advised, and ended up being out of a job.

It's important that if you do want some guidance, you speak to people who you respect. And even then, you have to feel comfortable with the action they recommend. Again, it's YOU that will have to deal with the outcome, good or bad.

I think we should also be careful about giving advice. It's easy to shoot from the hip about what a person should do in any given situation, but if you're not truly confident about your recommendation, don't give it. Watch tonight, and see if you think Kevin's advice was good or bad!

Dianne Buckner hosts Dragons' Den and is also a weekend anchor on the CBC News Network. Dragons' Den airs tonight at 8 p.m. on CBC.

Workology in brief

CANADIAN YOUTH MAKE GAINS IN LABOUR
Employment gains in January were driven in part by young people, according to Statistics Canada figures released Friday. Employment for individuals ages 15 to 24 increased by 29,000, pushing the unemployment rate down. This is the first notable employment gain among youth since the beginning of the downturn in fall 2008. Youth in B.C. made the most gains with a 1.2-per-cent increase in their employment rate.

ENROLMENT UP AT OKANAGAN COLLEGE Okanagan College reports that January enrolment figures show approximately 5.7 per cent more students attending the school's campuses than in January 2009. Students are also taking more courses this term, with registrations up 10.8 per cent overall from the year before. The college's Vernon campus experienced the largest percentage growth, with 15.6 per cent more students compared to 2009.

NIPISSING ENCOURAGES ROAD TRIPS TO CAMPUS In a bid to raise its profile among high school students, Nipissing University unveiled Friday a new marketing initiative called the Road Trip Challenge. Through an interactive website, students can go on a virtual road trip to Nipissing's North Bay campus. Students can use the site to invite their friends to go on an actual trip to Nipissing for three open house events in March. METRO NEWS SERVICES







uSask breaks ground for new student residence
Monday marked the start of construction of the University of Saskatchewan's new student residence, a project in which the province has invested $15 million. The $35.9-million residence will accommodate 400 students. METRO NEWS SERVICES

A Valentine's song written just for you

Valentine's**Day**

JON TATTRIE
for Metro Canada

Earning a living as a full-time musician can be a tough gig, so it's no wonder Halifax singer Ryan MacGrath can be yours for a song — literally. MacGrath auctioned off the composition of an original love song for Valentine's Day.

Bidding was fierce at Ryanmacgrath.com and even after the winner was announced, a second would-be Romeo hired MacGrath to write him a birthday gift. MacGrath will now write a song based on the winner's own love story and create an original painting for the CD case.

He said the idea came when he had some down time before his full-length debut album Cooper Hatch Paris drops in May.

"I like the challenge. I like the notion of going outside of myself and ultimately having to write something more universal," he explained. "When I'm writing my own songs, it tends to be very personal. Something like this, it gets me out of my own head and my own fear and forces me to think in a broader way."

He's done commissioned songs in the past and is he's eager to do more. He can be hired via his website.

"I love the idea of having the audience contribute to the music they will ultimately listen to," he said.

The song was bought for a mere $200 by Halifax businessman Michael Christie. He met with MacGrath early this month to give him the raw materials to turn into tune by Valentine's Day. Christie had seen MacGrath perform before and loved his Rufus Wainwright-esque songs.

MacGrath will write about Christie's romance with Nicholas, his husband of three years. Their first Valentine's Day eight years ago set the bar low, with Nicholas offering Michael a hotdog-shaped card.

"It was the tackiest Valentine's card you could possibly find. It looked like something Homer Simpson would buy," Michael Christie said. "Maybe this year we'll be inspired to at least listen to the song and have a nice glass of wine."

Always the businessman, Christie hopes it'll accrue in value. "Maybe one day when he's successful, I'll have a very early song that was commissioned just for me," he said. If not, it'll surely appreciate in sentimental value. Christie imagines coming across the CD 40 years from now. "After we figure out how to play it, we'll be like, 'Hey, it's that song!'"



SCOTT BLACKBURN PHOTO

Musician Ryan MacGrath auctioned off a song for one lucky couple this Valentine's Day.

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Resumés in the YouTube era

RAFAEL BRUSILOW
for Metro Canada

With the job market as tight as ever, some job seekers are finding the best weapon to help them stand out is an on-camera audition for their off-camera jobs.

Previously the exclusive domain of people seeking careers in the broadcasting industry (as you may know if you've ever helped your aspiring-TV-host friend create a demo tape), video testimonials are becoming an increasingly savvy way for regular people to promote themselves to employers and score those crucial in-person interviews.

Catharine Fennell, president and CEO of videoBIO, a Canadian company that produces professional personal video testimonials that showcase the person's personality instead of just their credentials.

Since opening videoBIO for business in April of last year, Fennell says growth has been tremendous with the company having produced hundreds of video bios for individual job seekers and entire corporate rosters alike at firms like Harper Collins. Fennel believes the demand suggests the image-rich online world of Facebook photo albums and personal YouTube clips has made job seekers more eager to create a personal brand that sells them well.

"We're seeing a trend towards people caring very much about their personal brand."
VideoBIO CEO
Catharine Fennell

"We're seeing a trend towards people caring very much about their personal brand and people are making that shift where they're starting to really take control and manage their image and career online," Fennell said.

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Sibide's mom singing in the subway
Although Gabourey Sidibe recently earned an Academy Award nomination for her performance in Precious, her mother — Alice Tan Ridley — is still singing in New York City subway stations to make money. "My name is not on Gabby's paycheck," Ridley told The NY Post. POPEATER.COM

Entertainment



TV Survivor
The host has spoken. Jeff Probst is staying on Survivor for its 21st and 22nd seasons.
PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Big love a man's job

Valentine's Day – Which Gender Has More Stress?

STEVE GOW
for Metro Canada

Whether you're lucky at love or anxiously looking, the upcoming romantic comedy Valentine's Day aims to analyze the swelling stress that squires a full day of devotion.

No matter on what side of the equation you sit, one such issue that the star-studded affair explores — which gender encounters the most pressure on Valentine's Day — found many of the film's actors definitely in agreement recently in L.A.:

SHE SAID

Jennifer Garner: "Men — unless you're in Japan. We've learned that in Japan, women choose a guy to give a chocolate to (on Valentine's Day) so the guy's just waiting to get the chocolate ... but here it's definitely the men. The men have to make it happen."

Valentine's Day opens Friday

Anne Hathaway: "I absolutely think it's women, of course! I have to side with my gender ... I just think it's so much pressure to find a red dress, to find a Valentine's Day-coloured dress. What if it's not in your color palate, what do you do?"

Jessica Alba: "It depends who you talk to. Generally, I think women get a little more excited about the idea of having a Valentine or a secret admirer or a boyfriend and guys — maybe not so much. But I know some guys who are totally into it and they're sad if they don't have a date on Valentine's Day."

HE SAID

George Lopez: "There's more pressure on men. That gear is stripped — the gear that tells us that 'hey, Valentine's Day is coming; you ought to get some cards a couple weeks in advance and properly sign them ... and not send a text.'"

Jamie Foxx: "Man, I just remember having those crushes (in school) and nothing like it going your way ... (one of my friends recently) bought (his Valentine) underwear. Not Victoria's Secret! Like drawers!"

Topher Grace: "I have been in the situation where you've been dating about two weeks; it hasn't even dawned on me that Valentine's Day is coming and this year I really should know but it kind of comes up on you and all of a sudden. It's this day about commitment and you have to make some kind of statement or non-statement — it's a lot of pressure for a guy."



Ashton Kutcher, left, and Jessica Alba star in Valentine's Day.







23:46 p.m., Jack makes a movie

Jack Bauer may finally hit the big screen. Though Fox has yet to decide whether to pick up a ninth season of 24, an insider confirmed that the film side is in talks with Billy Ray (State of Play) to write a screenplay for the franchise. EW.COM

SECOND CUP
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A vampire's hunt for love

Vampire Diaries actor Somerhalder dishes on the love-triangle in the hit TV series

Ian Somerhalder would like to preface any conversation about the joy he finds in playing devious vampire Damon Salvatore with the following: "I am not a maniacal killer."

No, but the 31-year-old actor does have a few things in common with his bad-ass bloodsucker on The Vampire Diaries.

"Damon is a very lonely guy," Somerhalder empathizes.

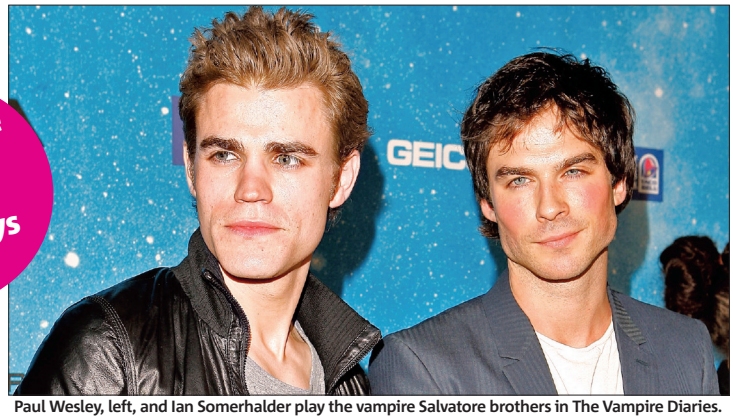
"We all know what it's like to feel lonely. And there are two relationships that he wants back — his brother and his girl.

"And I know what it's like to fight with my brother, and I know what it's like to not have my girl. He's doing all of this for love, strangely enough, and he's completely justified."

The girl Damon aims to regain is Katherine, the spoiled vampire who turned Damon into a bloodsucker in 1864. She was captured soon after buy Damon's own father and locked away for eternity.

Watch The Vampire Diaries Thursdays on CW

Damn's brother, Stefan, was also turned by and in love with Katherine, who happens to be the spitting image of Elena, Stefan's present-day, mortal love interest.



GETTY IMAGES

Paul Wesley, left, and Ian Somerhalder play the vampire Salvatore brothers in The Vampire Diaries.

Somerhalder has found that messy love triangle is one of the main reasons fans are tuning in and making the show a hit — as well as writing tons of fan mail to him.

"Some of (the letters) are all questions: 'What's your favourite color?'" Somerhalder says.

"But some of them ... they are really insightful and really, really sort of heartfelt.

"I mean, these young teen girls are so into the love aspect. They have so many questions about love. They're not confused. They're just so inquisitive about it."

"I find that I can't judge Damon, even though sometimes that's a bit difficult due to his actions."
Ian Somerhalder

METRO WORLD NEWS



PHOTO PROVIDED

Benicio del Toro stars in The Wolfman

Benicio del Toro bares his chops

HORROR MOVIE He is an Oscar-winning actor with his name on a string of hit movies but Benicio del Toro is going to the dogs — or, at least becoming a wolf — in his new film The Wolfman. Metro World News recently spoke to him in Moscow about the film and his career.

The Wolfman opens Friday

Q Wolfman is a remake of a classic horror movie. Why was it interesting for you?

A I have loved horror movies since I was a kid. I saw the Wolfman when I was five but it left a deep impression on me. I watched all the classics like Frankenstein, Jack the Ripper, Wolfman — I loved being scared. I was almost as scared the first time I saw myself in the wolf make-up. I looked like my dog.

Q Why did you decide to become an actor?

A Because of the girls. There are a lot of girls! And also it's a chance to live a lot of different lives. And voyages. As an actor I can travel a lot. Yesterday, I was in America and now — Oops! — I'm in Moscow.

Q After playing Che are there any modern politicians you'd like to play?

A Obama. I like Obama, but everything depends on the script. If it's good then the role will be successful. Doing Che I was involved in the script writing and I really like that part of my job. I can add my view of the person I play.

Q Do you like watching your movies?

A No! I hate how I look on the screen but I love it when people like my films. I'm very critical of myself.

METRO WORLD NEWS

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SECOND CUP

Lil Wayne's sentencing held up by his teeth

LEGAL Rap star Lil Wayne has gotten a temporary reprieve from jail — for dental surgery.

The Grammy Award-winning rapper's sentencing in a New York City gun case was postponed Tuesday, because he needs to finish a string of recent surgeries before he goes to jail.

Lil Wayne, one of music's biggest sellers and rap's hottest stars, is poised to spend as much as a year in jail under a plea deal, though good behaviour could shave that to as little as eight months.

Sentencing now is scheduled for March 2. Manhattan state Supreme Court Justice Charles Solomon said it wouldn't be put off any further.

The diminutive rapper, his hair in dreadlocks, said nothing at a brief court session Tuesday afternoon. He left in a black SUV, flanked by fellow rapper Birdman and others.

Defence lawyer Stacey Richman said Lil Wayne was headed home to Miami for dental work Friday. She declined to specify his malady.

"It is a medical situation that, like (it would for) any of us, has to be addressed."
Stacey Richman, defence lawyer

"It is a medical situation that, like (it would for) any of us, has to be addressed," she said outside court.

She said the rapper had planned to take care of it before Tuesday, but his dentist had been out of the country doing charitable work.

Manhattan Assistant District Attorney Joan Illuzzi-Orbon didn't fight the rapper's request to push back his sentencing, saying she had spoken to the dentist.

Lil Wayne, 27, pleaded guilty in October to a charge of attempted criminal possession of a weapon, admitting he illegally had a loaded .40-calibre semiautomatic gun on his tour bus in July 2007.

Police found the weapon when they stopped the bus after a Manhattan concert. Last week, Lil Wayne reinforced his place in rap's pantheon with a commanding performance at the Grammy Awards ceremony.

His latest album, Rebirth, was released Feb. 2.

THE ASSOCIATED PRESS

Judge dismisses Perez Hilton case


Hilton

LEGAL A judge is dismissing a civil lawsuit filed against a Black Eyed Peas manager who punched blogger Perez Hilton in a nightclub last year.

Attorneys for Hilton and Peas' manager Liborio Molina announced in court Tuesday they had reached a settlement agreement. Los Angeles Superior Court Judge John S. Wiley agreed to dismiss the case but retained jurisdiction in case the settlement falls apart.

The terms were not discussed and Hilton's attorney, Joshua Blum, declined comment after the hearing. THE ASSOCIATED PRESS

In brief

MUSIC The Canadian Tenors get a surprise from Celine Dion on today's instalment of The Oprah Winfrey Show. The Tenors taped an episode of Oprah last week and were shocked when Dion came onstage to sing along with their version of the Leonard Cohen classic Hallelujah.

THE CANADIAN PRESS

Films for females

Corus to launch two new movie channels

Corus Entertainment's female-oriented W Movie specialty channel will launch March 1 with a first-month lineup of films that includes You've Got Mail, When Harry Met Sally, and Shakespeare in Love.


TORSTAR FILE PHOTO

Corus Entertainment's W Movie specialty channel launches March 1 with films like Shakespeare in Love (pictured).

The channel replaces SexTV, which Corus acquired last year from CTV Globemedia and almost immediately announced it would rebrand. Drive-In Classics, the other channel it bought from CTV in the deal for $40 million, also is getting a new face as a Canadian version of the Sundance Channel.

"With women's movie services representing one of the fastest growing genres in the U.S., we are thrilled to be able to offer Canadian audiences the first dedicated movie channel for women," Susan Ross, Corus's executive vice-president and general manager of specialty and pay television, said in announcing W Movies.

CW Media's Showcase Diva specialty channel also targets a female audience but blends movies with serial TV shows.

"With the phenomenal success of women-oriented films at the box office, coupled with the huge popularity of our film blocks on W Network, we know that women have a real appetite for movies," added Ross.

Corus says the 24-hour-a-day channel will cater to women 25 to 54.

Corus Entertainment Inc. operates YTV, Treehouse, CosmoTV, VIVA, Movie Central, HBO Canada, Nelvana, Kids Can Press and radio stations including CKNW, CKOI and Q107.

It was only the most recent broadcaster to operate SexTV, which was started in 2001 by CHUM as a channel for "love, romance, marriage, relationship-themed game shows, sexuality and gender issues, family planning, relationship breakdown and magazine-style programming featuring romantic vacation resorts."

Visit wmovies.ca for more information.

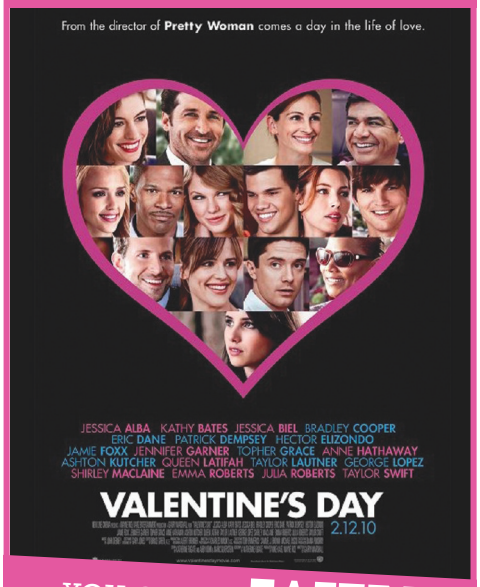
THE CANADIAN PRESS

	PT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/10/10	primetime	265	353	2	TVO	Meerkat Manor	Meerkat Manor	The Agenda With Steve Paikin		Bulgaria's Abandoned		The View From Here (N)		Agenda-Paikin
		211	331	3	GTV	Entertainment	ET Canada	Bones (HDTV PA)		Kitchen Nightmares (PA)		The Deep End (N)		News Hour
		-	-	5	SRC	Virginie (SC)	L'Épicerie	Le Moment de vérité (SC)		Mirador (HDTV) (N) (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
		209	342	6	CHRO	Degrassi: Next	TMZ (N)	Old Christine	The Middle (N)	Law & Order: SVU		Law & Order: SVU		Comedy Now
		196	311	7	CTV	etalk	Access H.	Criminal Minds (N)		American Idol (HDTV) (N)		CSI: NY "The Formula"		CTV News
		208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Dragons' Den (HDTV) (N)		Republic of Doyle (DVS)		CBC News: The National		The Hour
		-	360	9	NBC	Wheel Fortune	Michigan Lot	Mercy "I Have a Date"		Law & Order: SVU		Law & Order: SVU		News
		117	713	10	TVA	Poule-oeufs or	Les Gags	Destinées (HDTV) (N) (SC)		Dr. House (SC)		TVA nouvelles	(10:45) Denis Lévesque	
		-	-	11	QS	Moi, mon amoureux (N) (SC)		Flashpoint (SC)		Terminator: Les Chroniques de		Guerre clans	L'Attaque à 5 (N)	
		137	763	12	TFO	Panorama		L'empire du mot		*Lumumba* ★★★ (2000, Drame) Eriq Ebouaney, Alex Descas.				Expression
		-	362	13	CBS	The Insider (N)	Judge Brown	Old Christine	Unmarried	Criminal Minds (N)		CSI: NY "The Formula"		Two/Half Men
		216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King/Queens	Cold Case
		214	344	15	CITY	Law & Order: Special Victims		Mercy "I Have a Date"		Modern Family	Cougar Town	Dark Blue		News
		115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Ugly Betty (HDTV) (N)		Metropia
		218	345	18	CHCH	*Throw Momma From the Train* ★★★ (1987, Comedy)				*La Cage aux Folles* ★★★ (1978, Comedy) Ugo Tognazzi.				News at 11 (N)
		-	361	20	ABC	Action News	Entertainment	Charlie Brown	The Middle (N)	Modern Family	Cougar Town	(10:01) Ugly Betty (N)		News
		512	396	24	CPAC	(4) Dossier public (SC)		Heure polit.	L'Heure politique				Tête-à-tête	Dossier public
		651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	Human Target "Run" (N)		American Idol (HDTV) (N)		FOX 2 News (N)		News
		-	-	64	PBS	Business Rpt.	Steves Europe	Faces of America		The National Parks: America's Best Idea (DVS)				Charlie Rose
		205	312	104	CTV	etalk	Access H.	Criminal Minds (N)		American Idol (HDTV) (N)		CSI: NY "The Formula"		CTV News
	news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		Greatest Streakers		National
		500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	sports	406	417	27	net	PartyPoker.net		MMA Conn	UFC: Access	The Ultimate Fighter (HDTV)		Sportsnet Connected		Prime Time
		126	730	28	RDI	24 Heures en 60 minutes (SC)		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
		400	280	30	TSN	That's Hockey!	NHL Hockey Washington Capitals at Montreal Canadiens. (HDTV) (Live)					NHL Hockey: Oilers at Ducks		
		410	403	52	SCR	College Basketball Connecticut at Syracuse. (Live)				College Basketball Duke at North Carolina. (Live)				Score Now
		411	457	56	OLN	Ghost Hunters Academy		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters Academy		Destin. Truth
		417	406	59	SC	NASCAR	NASCAR Hub	NASCAR Racing			NASCAR Live	NASCAR Racing		Pass Time
	family	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
		557	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
		551	542	65	YTV	iCarly	That's-Weird	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	cable variety	570	580	29	MM	The Daily Fix		Ranked!		Gene Simmons	G. Simmons	Entourage	Wild 'n Out	mmtop10.ca
		615	520	31	A&E	Criminal Minds (HDTV)		Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter		Dog the Bounty Hunter		Steven Seagal
		628	584	32	SPKE	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Ways to Die	MANswers (N)	Blue Mountain
		521	560	34	TLC	Mystery Diagnosis		Pregnant and in Peril		I'm Pregnant	I'm Pregnant	Toddlers & Tiaras (N)		Pregnant-Peril
		145	761	35	TV5	Verdict		*J'attends quelqu'un*			Mission Iapin	A Table	Mixeur	TV5 Le Journal
		616	521	39	SHO	Relic Hunter		*I Me Wed* (2007, Romance-Comedy) Erica Durance.				HawthoRNe "Trust Me"		NCIS
		620	523	40	BVO	Death at-Opera	Bravo!Videos	Arts & Minds	Bravo!FACT Presents		Wingfield	White Collar		Law & Order
		520	505	42	DIS	Daily Planet (N)		The Colony (N)		License to Drill		Mayday "Blown Apart"		Daily Planet
		575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Due South
		601	562	45	SLC	Rich Bride Poor Bride		End of Leash	End of Leash	End/Leash	End of Leash	End of Leash	End of Leash	ET Canada
		625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Little Britain	Hot Box	Daily Show
		294	529	47	TBS	Family Guy	Family Guy	College Basketball Florida at South Carolina. (Live)				Law & Order: Special Victims		The Office
		600	564	49	H&G	House Hunters	Property Virgin	Agent-Agent	Intervention	Property Virgin	Unsellable	House Hunters	House Hunters	Holmes/Homes
		627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Chuck (HDTV) (N)		Supernatural (HDTV) (N)		InnerSpace
		581	566	53	MTV	Canada's Next Top Model		Canada's Next Top Model		The Real World		The Real World (N)		MTV Live
		618	524	54	TROP	Rescue Ink		Hoarders		Hoarders		Parking Wars	Parking Wars	Spoiled Rotten
		522	506	55	HIS	Ice Pilots NWT (N)		Nostradamus Effect (N)		Ice Road Truckers		Ice Pilots NWT (HDTV)		Re-Inventors
		129	773	60	CD	Biographies "Hugh Grant"		Le Convoi de l'extrême		Destr Expr	Destr Expr	Histoires de crimes (HDTV)		Images-chocs
		261	394	61	V	Murder, She Wrote		No Place Like	Open All Hours	Doc Martin (N)		Unscripted (N)	God Bless	Poltergeist
		602	567	62	W	Supernanny		Chef Worthy	Grocery Bag	The Restaurant	The Restaurant	Chef Worthy	W Expert	W Expert
		269	350	70	APTN	Sid vs. Alexander		Olympics: On Home Ice		The Great Tournament		Great Towns	Venturing Frth	Storytellers
		621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
		603	561	95	FN	Ricardo	Fresh-Anna	Challenge		Iron Chef America		Chopped		Restaurant

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A kitty cat in London

Susan Boyle's cat Pebbles has moved out of their home. The much-loved pet is now living in London with a friend of the singer because Boyle isn't at her house in Scotland often enough to care for her properly. FEMALEFIRST.CO.UK

Celebrity Buzz

From beyond the grave

WITH SPECIFIC PERSONAL MESSAGES NO ONE WOULD KNOW BUT HER, LIKE SHE MISSES HER DAUGHTER. DEEP. A psychiatrist facing criminal charges in Anna Nicole Smith's death recently attended a séance for the model, who died three years ago Monday, people.com reports.

Psychic Shayne Goldfarb led the séance at Pol Atteu's Beverly Hills boutique, according to Atteau's partner, Patrik Simpson, a close friend of Smith's.

Among those attending was Smith's neighbour and psychiatrist, Dr. Khristine Eroshevich, who travelled with Smith in her final months and who, along with two others, will soon stand trial on drug conspiracy charges.

Simpson, co-author of Anna Nicole Smith, Portrait of an Icon, Signature Edition, says he's convinced they really did contact Smith during the séance and that the psychic told them Smith is "happy she's with (her late son) Daniel. She's sad she had to leave her daughter, but she really had to be with Daniel."



It was on Feb. 8, 2007, that Smith died at the Seminole Hard Rock Casino in Hollywood, Fla., at age 39, after her body was assaulted with prescription medications that left her too weak to move.

Smith made it clear to those around her that she was depressed and heartbroken after Daniel died at age 20 just months earlier while visiting his mother in the Bahamas upon the birth of his baby sister, Dannielynn, who was fathered by photographer Larry Birkhead.

METRO NEWS SERVICES

Football and foreign aid

THE LIFE OF A TYPICAL SUPER STAR After her PDA-packed Super Bowl appearance with Brad Pitt, Angelina Jolie jetted off to the Dominican Republic Monday to visit hospitalized Haitian earthquake survivors and meet with Dominican President Leonel Fernandez, people.com reports.



Yesterday, the 34-year-old UN goodwill ambassador — who is suing a British tabloid for claiming that she plans to split from Brad Pitt — was expected to travel to Haiti.

Last month, Jolie — who has visited many countries as an ambassador including Iraq and Pakistan — announced that she and beau Pitt, 46, are donating $1 million US to the emergency medical operation in Haiti.

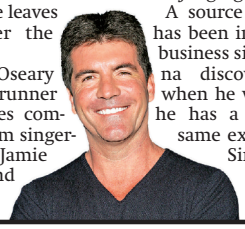
METRO NEWS SERVICES

Time to move over, Simon

MADGE'S MAN IS IN TOWN Madonna's manager is being lined up to replace Simon Cowell on the American Idol judging panel, femalefirst.co.uk reports.



Guy Oseary — who is also Chairman of the singer's label Maverick Records, which has also released LPs by The Prodigy, Alanis Morissette and Deftones — is said to be the favourite to succeed Cowell when he leaves the show after the current series.



Although Oseary is the frontrunner he still faces competition from singer-and-actor Jamie Foxx and former Sony music boss Tommy Mottola — the ex-husband of Mariah Carey — for the judging job.

A source said: "Guy has been in the music business since Madonna discovered him when he was 17, and he has a lot of the same experience as Simon."

METRO NEWS SERVICES

'Part of a larger plan'

HERE COME THE CONSPIRACY THEORIES Michael Jackson's family members are less than satisfied with the proposed fate of Conrad Murray, the doctor who was charged with involuntary manslaughter this week over the late singer's death.



"He's a monster," Katherine Jackson, Michael's mother, said while leaving the L.A. courthouse, according to People magazine. Sister LaToya Jackson, meanwhile, is looking forward.

"Michael was murdered and although he died at the hands of Dr. Conrad Murray, I believe Dr. Murray was a part of a much larger plan," she said.

"There are other individuals involved and I will not rest and I will continue to fight until all of the proper individuals are brought forth and justice is served."

METRO WORLD NEWS

Just a small intimate trip

WITH HALF OF HOLLYWOOD More details are emerging about Jennifer Aniston's lavish 41st birthday party in Mexico.

"Jen invited 50 of her close friends to celebrate her birthday, and Gerard Butler was one of them," sources tell Page Six.



"She was staying at a villa that had a 12-strong staff including a personal chef and two butlers, a private infinity pool, a spa with Jacuzzi, its own terrace with fire pits, an outdoor rain shower and day beds."

Among the lengthy list of guests was Sheryl Crowe, Courteney Cox and Jason Batemen, though all eyes were on Aniston and Butler.

"Gerard had his own one-bedroom villa with a private pool, but he joined Jen for all the celebrations, and they looked extremely friendly but not overly flirty in public."

METRO WORLD NEWS

The Rolling Clean and Sobers

DOESN'T REALLY HAVE THE RING TO IT Rolling Stones bandmates Ronnie Wood and Keith Richards are helping each other quit drinking. The two guitarists are reportedly giving each other moral support as they cope with life without booze, femalefirst.co.uk reports.



Notorious hellraiser Keith, 66, reportedly stopped drinking after receiving advice from his doctor, while Ronnie is staying alcohol-free for new girlfriend Ana Araujo, 30.

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

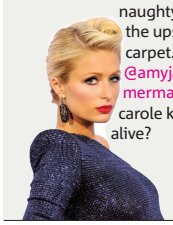
MATTHEW PERRY is reconsidering his identity, **PARIS HILTON** knows what she likes, **JONATHAN ROSS** is having pet issues, and **AMY WINEHOUSE** is looking for some verification.

@langfordperry Thinking pretty seriously about changing my name to klinty kluckson. More on this later...

@ParisHilton Just went to one of my favorite streets in Paris called Quai de La Megisserie. They have 3 blocks full of just pet stores. So cute!

@wossy I must go and remove a dog from the bedroom. One of them is being naughty on the upstairs carpet. Bye.

@amyjademermaid is carole king alive?



METRO WORLD NEWS

Grinding on A-Rod?

I JUST DON'T GET IT Alex Rodriguez definitely has a thing for blondes. The baseball player, who recently split from Kate Hudson, reportedly cozied up to Cameron Diaz at a Super Bowl party in Miami over the weekend, according to OK! Magazine.

"A-Rod and Cameron have been totally hooking up," a source tells the magazine, adding that Diaz was "grinding on A-Rod" on the dance floor at the party.

"They were having a great time."



METRO WORLD NEWS



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Today Variable -3° / -10°

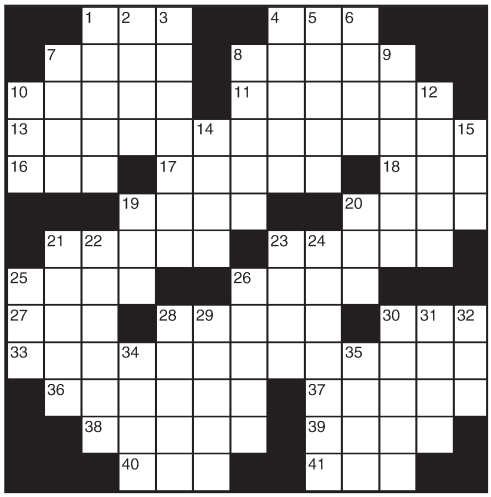
Thursday Variable -4° / -14°

Friday Partly sunny -6° / -10°

The Weather Network You have voted us #1 for best forecasts on TV. Thank you Canada!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		7				9		
	4	8	6		9	1	3	
6	9						4	8
			9	1	3			
				4				
			8	2	7			
1	2						8	6
	5	3	1		2	7	9	
		9				5		

ACROSS

1 Puncturing tool
4 Shriver of tennis
7 Dog bane
8 December holidays
10 Water nymph
11 Gets out of bed
13 Scattered here and there
16 X rating?
17 Eco-community
18 Hearty brew
19 Car
20 Census statistics
21 Pizzeria need
23 Infants
25 Boat's floor
26 Employer
27 Scot's denial
28 Boy Scouts' unit
30 Bikini half
33 Covering a wide range
36 Muss
37 Mistreatment
38 Tire pattern
39 Unrivaled
40 Hogs' home
41 Explosive letters

DOWN

1 Extraterrestrial
2 Have on
3 Spotted beetle
4 Adar celebration
5 Wonderland visitor
6 Work well together
7 No. 1 pick, for short
8 Google competitor
9 Refuse matter
10 Trawler need
12 Corporate department
14 Accompanying
15 "Indeed"
19 Diving bird
20 Tummy muscles
21 Handed out hands
22 Endangered wildcat
23 Italy's shape
24 Paving material
25 "CSI" evidence
26 Filled with ennui
28 Family-room appliance
29 Pass along
30 Tactless
31 American Beauty, e.g.
32 Chowed down
34 What we share
35 Black, in verse

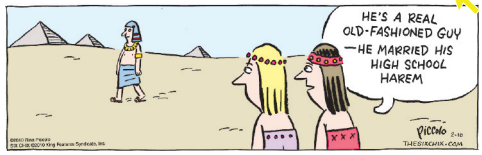
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

I	R	K	S		O	W	N		R	A	P	T		
C	E	N	T		C	H	I		O	G	R	E		
O	D	O	R		C	O	X	S	W	A	I	N		
N	O	X	I	O	U	S		T	E	R	M	S		
			F	I	R		S	Y	N					
G	A	V	E	L		R	O	X	A	N	N	E		
O	D	E			A	N	Y			O	A	R		
T	O	X	E	M	I	A		L	U	N	G	E		
			R	I	D		P	E	N					
A	R	E	A	S		F	O	X	T	R	O	T		
B	O	X	S	C	O	R	E		R	A	T	A		
E	D	I	E		H	A	S		U	N	T	O		
L	E	T	S		S	T	Y		E	G	O	S		

2	6	3	8	7	4	1	5	9
8	4	5	9	6	1	3	7	2
1	7	9	3	5	2	4	6	8
6	9	1	7	4	5	2	8	3
4	8	7	6	2	3	9	1	5
5	3	2	1	9	8	6	4	7
3	1	4	2	8	7	5	9	6
9	5	8	4	3	6	7	2	1
7	2	6	5	1	9	8	3	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Chili Penne with Butternut Squash

INGREDIENTS:

11 oz (350 g) penne
2 lb (1 kg) butternut squash, peeled and cut into 3/4-in. (2-cm) cubes
1 tbsp (15 mL) olive oil
1/4 tsp (1 mL) crushed chili flakes
1/4 tsp (1 mL) cumin seeds
5 oz (150 g) soft goat cheese, crumbled
1/2 cup (250 mL) grated Parmesan cheese

METHOD:

1. Cook penne and squash in large pot of salted boiling water 12 minutes or until squash is soft and pasta is al dente. Reserve 6 3/4 tbsp (100 mL) cooking water, then drain thoroughly.
2. Pour olive oil into warm pasta pot set over low heat, and stir in crushed chili flakes and cumin seeds. Cook 1 minute, then remove from heat.
3. Return pasta and squash to pot and add reserved cooking liquid. Combine gently. Add goat cheese, season to taste and toss. Turn into warm serving bowl and top with Parmesan cheese. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You've had all sorts of great ideas since the start of the year, but now some of those ideas may look a little impractical.

TAURUS ♉
APRIL 21-MAY 21
You will certainly regret it if you pass up an opportunity to enhance your reputation today. Believe in yourself. Others do.

GEMINI ♊
MAY 22-JUNE 21
You are not as confident as you look (you rarely are) and it's likely you are having serious doubts about something you recently signed up to.

CANCER ♋
JUNE 22-JULY 22
Ignore the critics. You know you are on the right track and you know you are doing the right thing. So what else matters?

LEO ♌
JULY 23-AUG 23
Cosmic activity in your opposite sign means there is an important issue over which you have no control. Don't worry — it will work out fine.

VIRGO ♍
AUG 24-SEPT 22
The Sun in Aquarius at this time of year urges you to manage your time in a more economical way.

LIBRA ♎
SEPT 23-OCT 23
If someone threatens to reveal what you don't want the world to know, call their bluff. Don't let blackmail work.

SCORPIO ♏
OCT 24-NOV 22
You may be a headstrong individual but that can either work for you or against you, depending on how you choose to use it.

SAGITTARIUS ♐
NOV 23-DEC 21
If you tell yourself that you are going to be bored and miserable today that is exactly how you will feel.

CAPRICORN ♑
DEC 22-JAN 20
You are advised to listen to your head rather than your heart where matters of cash and what you own and earn are concerned.

AQUARIUS ♒
JAN 21-FEB 18
As from today words will come more easily to you, which will have beneficial effects both in your working environment and in your personal life.

PISCES ♓
FEB 19-MARCH 20
What you hear today may sound exciting but can you really trust what other people are saying? Show an interest but keep your options open.

This day in history

1798: Louis Alexandre Berthier invades Rome, proclaims a Roman Republic on Feb. 15 and then on Feb. 20 takes Pope Pius VI prisoner.
1870: The YWCA is founded (New York City).
1931: New Delhi becomes the capital of India.
1954: President Dwight Eisenhower warns against United States intervention in Vietnam.
1970: Sylvester Stallone's first film Italian Stallion is released.
1998: Voters in Maine repeal a gay rights law passed in 1997 becoming the first U.S. state to abandon that law.

METRO NEWS SERVICES

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GL Sport model shown

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GLS Sport model shown

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Limited model shown

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-ecoENERGY Award, Natural Resources Canada¤


Limited model shown

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Limited model shown

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"Highest Ranked Compact Car in Initial Quality in the U.S."
-J.D. Power & Associates©

HYUNDAI CLEANAIR COMMITMENT

PLUS GET UP TO **$1,000**‡ IN ADDITIONAL SAVINGS
WHEN YOU TURN IN YOUR 1995 MODEL YEAR OR OLDER VEHICLE.

To find your local dealer or to get more information on our fuel-efficient line-up visit **www.hyundaicanada.com**

5 YEAR 100,000 KM WARRANTY
COMPREHENSIVE LIMITED WARRANTY††

HYUNDAI™

GRADUATE REBATE PROGRAM

™The Hyundai names, logos, product names, feature names, images and slogans are trade marks owned by Hyundai Auto Canada Corp. ♦Prices for models shown: 2010 Accent 3 DR GL Sport 5-speed is $14,449/2010 Elantra Touring GLS Sport is $21,899/2010 Sonata V6 Limited $29,499/2010 Santa Fe Limited is $35,799/2009 Elantra Limited is $20,295. Delivery and Destination charges of $1,495 for 2010 Accent/$1,495 for 2010 Elantra Touring/$1,565 for 2010 Sonata/$1,760 for 2010 Santa Fe/$1,495 for 2009 Elantra, registration, insurance, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ◊Purchase financing available O.A.C. from Hyundai Financial Services on 2010 Accent 3Dr/2010 Elantra Touring/2010 Sonata/2010 Santa Fe/2009 Elantra models with a finance rate of 0%/0%/0%/0% for 36/36/60/36 month terms. Financing example: 2010 Accent L 3Dr 5-speed for $9,999 at 0% per annum equals $319.28 per month for 36 months for a total obligation of $11,494. Cash price is $11,494. Example price includes Delivery & Destination of $1,495. Example price excludes registration, insurance, licence fees and all applicable taxes. ♦Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ^Government star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). U.S. Model tested with standard impact airbags (SABs). ΩThe Hyundai Elantra received the lowest number of problems per 100 vehicles among compact cars in the proprietary J.D. Power and Associates 2009 U.S. Initial Quality Study℠. Study based on responses from 80,330 U.S. new-vehicle owners, measuring 245 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2009. Your experiences may vary. Visit jdpower.com. ¤ecoENERGY Initiatives help Canadians use energy more efficiently, boost renewable energy supplies and develop cleaner energy technologies. ‡You may qualify for an additional incentive if you own a 1995 model year and older vehicle and participate in a National Retire Your Ride Program. For the Ontario Government Program: turn in any 1995 model year or older vehicle and receive $300 - 2009 Elantra/$500 - 2009 Sonata/$500 - 2009 Santa Fe/$300 - 2009 Tucson/$500 - 2009 Entourage/$300 - 2009 Veracruz/$1,000 - 2009 Azera / $500 - 2010 Accent / $500 - 2010 Elantra sedan / $500 - 2010 Elantra Touring / $500 - 2010 Genesis Coupe / $500 - 2010 Sonata / $1,000 - 2010 Veracruz/ $500 - 2010 Santa Fe). Clean Air Cash will be applied to reduce the after-tax purchase price of your new Hyundai vehicle. By participating in this program you will not be eligible for any trade-in value for your old vehicle. For more information about the Retire Your Ride Program visit www.retireyourride.ca. Some conditions apply, see dealer for details. ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.